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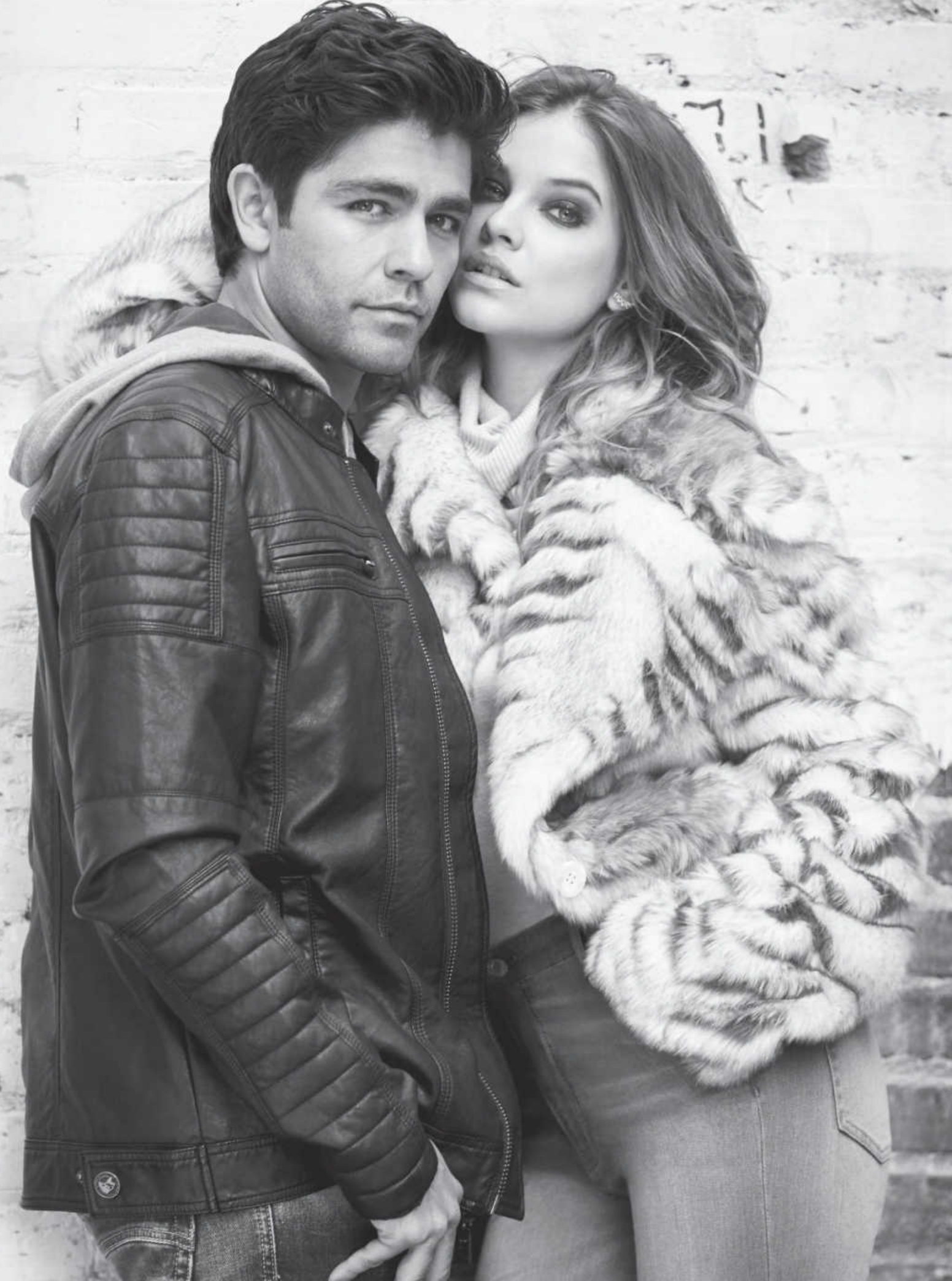


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BY TYLER GRAHAM

All clothing:
TALLIA ORANGE
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ON THE COVER
HENRY CAVILL

Photograph: DOUG INGLISH
Grooming: Paula Mann/
aartlondon using
Dermalogica and Paul Mitchell
T-shirt: Nautica
Watch: Breitling

GIVENCHY

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Learn the easy way to cook a perfect egg—and jazz up a simple dish (like this summer ramen)—with our chef-approved recipes.

JAMES RANSOM

Workout: James Ryang



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This month on MensFitness.com



The transition workouts

How to fill out those extra layers of clothes—without adding fat? Try this series of routines.

► mensfitness.com/fallbody

Load up your plate

Ten seasonal recipes, from breakfasts to dinners, for maximum flavor and maximum muscle building.

► mensfitness.com/fallrecipes

Why am I always so tired?

The answer has nothing to do with how much sleep you're getting.

► mensfitness.com/sleepyhead

Everyone's talking about it

The best new shows (and season premieres) to get on board with.

► mensfitness.com/tunein

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GET CRACKIN'

■ Prepping an egg right, whether you like 'em scrambled, poached, or over easy.

BEHIND THE SCENES WITH HENRY CAVILL

■ We kick back with *Men's Fitness*' newest cover guy, the star of this month's *The Man from U.N.C.L.E.*

GUY'S GUIDE TO FITNESS CLASSES

■ Our intrepid correspondent tackles group training.

VINTAGE STYLE

■ Style and grooming editor Barret Wertz on the broken-in looks you should be rocking this fall.



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EGG: JAMES RANSOM



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View from the top

Old-school cool

“He’s so old-school.” ¶ People throw the term around with near-complete abandon nowadays. If you wear a classically cut suit and believe a wristwatch is the only armband you need, you’re old-school. If your country house has a wood-burning stove—even if you feed it with wood you bought at the farmers’ market—you’re old-school. Heck, nowadays, if you post your photos to Facebook without using Instagram, you’re old-school.

In fact, the world moves so fast that anything you find and truly love and stick with—from grooving to Jay Z’s *The Black Album* to (gasp!) reading an actual physical book—makes you a throwback. But there’s a benefit to tapping the brakes on progress once in a while. The world pitches countless new trends and technologies at us, at a seemingly relentless pace. As a result, quality is harder and harder to find. When it comes into your life, it makes sense to stop and appreciate it.

And if quality is old-school, then this month’s cover star, Henry Cavill, belongs in that class. You probably know him as Superman from 2013’s *Man of Steel*, but this month he’s reinventing himself as dashing, sophisticated super spy Napoleon Solo in *The Man from U.N.C.L.E.*, director Guy Ritchie’s

reboot of the (very hip for its time) 1960s TV series. Like the debonair Solo, Cavill certainly enjoys the finer things in life. But writer Andrew Harrison had a long heart-to-heart (as well as some long rounds of beer) with Cavill, and tells us there’s much more to the British actor than any of us realized.

Cavill is old-school in the best way possible: He works hard to get what he wants. He describes his training to achieve his Superman body as “torture—but you enjoy it the way that you enjoy hard work and the results that work brings.” And he’s a gentleman: Though he’s considered one of the world’s most eligible bachelors, he has a very clear idea of what he wants out of life: “I want to find a wife and raise a family,” says Cavill, who compares the American style of dating to “carpet bombing.” “I prefer the British way: get talking and see what happens, one at a time.”

Meeting people and talking? Without Tinder? Now, that’s old-school.

To help you lock in to old-school cool, we stripped out anything extraneous from this issue, and focused it tightly on the quality goods, ideas, and techniques that work—not because they’re flashy and new, but because they’re proven and effective. Want to get the girl and the job? How about dressing simply, in the kind of unostentatious, classic menswear that’s the linchpin of our September Style Issue.

Want to build a classically sculpted physique? Use the old-school technique of breaking through plateaus by mixing up your standard workout with a series of game-elevating exercise classes. Or step out into the wilderness, where you can breathe, and think. For some rustic wilderness cabins where you can do just that, see our Getaway story on page 56.

The way I look at it, old-school is a mindset—one that puts things like honesty, simplicity, and courage before all else. It’s working as hard as you can, then having a laugh at the end of the day.

That’s the kind of old-school cool that never goes out of style.

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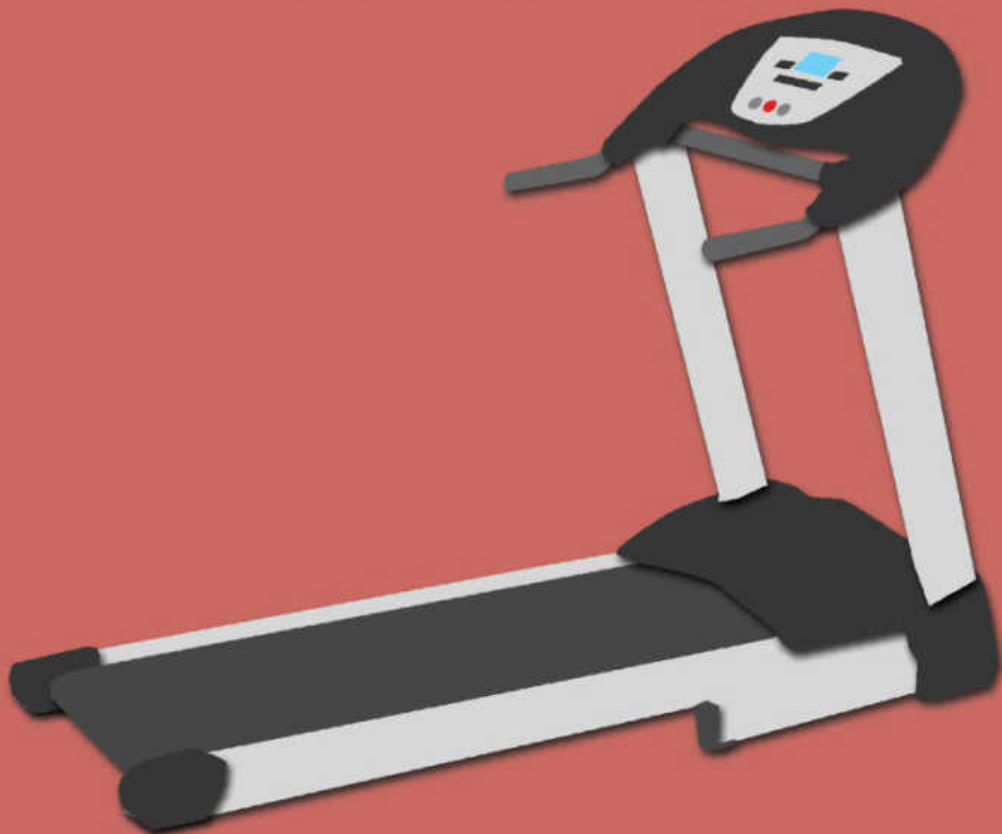
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Breakthroughs

Dress better, think more creatively

G Get just a bit more dressed up than the people you work with, and you'll also generate bigger ideas and think on a higher, more abstract level. ¶ How so? According to new research, when you outdress your co-workers to even a subtle degree, it makes you feel more powerful; that, in turn, allows you to feel and think more like a leader, reports the journal *Social Psychological and Personality Science*. ¶ "Wearing more formal clothing leads to more big-picture thinking," says study co-author Michael L. Slepian, Ph.D. And it doesn't even matter how dressed up you get, he says: "What's key is that you're wearing clothing that's *more formal than your peers*." ¶ So if your office is full of chinos and button-downs and you want to bump it up a notch, add a checked blazer and suede boots; if your firm is just suits as far as the eye can see, try one of the new slim-cut double-breasted or three-piece numbers, or a nail-head or houndstooth pattern. ¶ And if anyone challenges you about upping your style game, your new, more powerful brain will have just the right snappy comeback. —ADAM BIBLE

Clothing: SAMUEL SOHN
Watch: BREITLING
Bag: URI MINKOFF
Want it?
See page 145.



Pick up a pear, lower your BP

■ Pears aren't really a go-to snack for most of us—but maybe they should be. As *Food Research International* reports, the skin, pulp, and juice of Bartlett and Starkrimson pears (the latter is a sweet, red-skinned Missouri variety) make them unsung heroes of the fruit world.

Pears' phenols—compounds with antioxidant or anti-inflammatory

properties—keep the starch from high-carb foods from quickly turning into glucose, combating type-2 diabetes; pulp from Bartletts can lower blood pressure; and fermented pear juice can inhibit *H. pylori*, an ulcer-causing stomach bacteria.

"When eaten regularly, fruit like pears, with fiber and soluble phenols, can act as an antidote to a high-sugar, high-calorie diet," says the study's Kalidas Shetty, Ph.D.

CORN SYRUP LOSES AGAIN

■ It's long been suspected that high-fructose corn syrup (HFC)—which makes up about 10% of the American diet and is a staple of soda and cookies—is linked to obesity. Now a study has confirmed that HFC indeed causes significant weight gain, increases fat mass, and lowers activity levels compared with the same amount of glucose (the simple sugar found in fruit), the U. of Illinois reports.

The study is a real breakthrough, says lead author Catarina Rendeiro, Ph.D., as the experiment used two groups of mice who ate the exact same amount of sugar calories—only the type of sugar was different, which was a first.

Ruin your body in just 5 days



Science has proven that eating a sensible amount of "good" (mono- and polyunsaturated) fats, like those in avocados, nuts, and fish, can lower

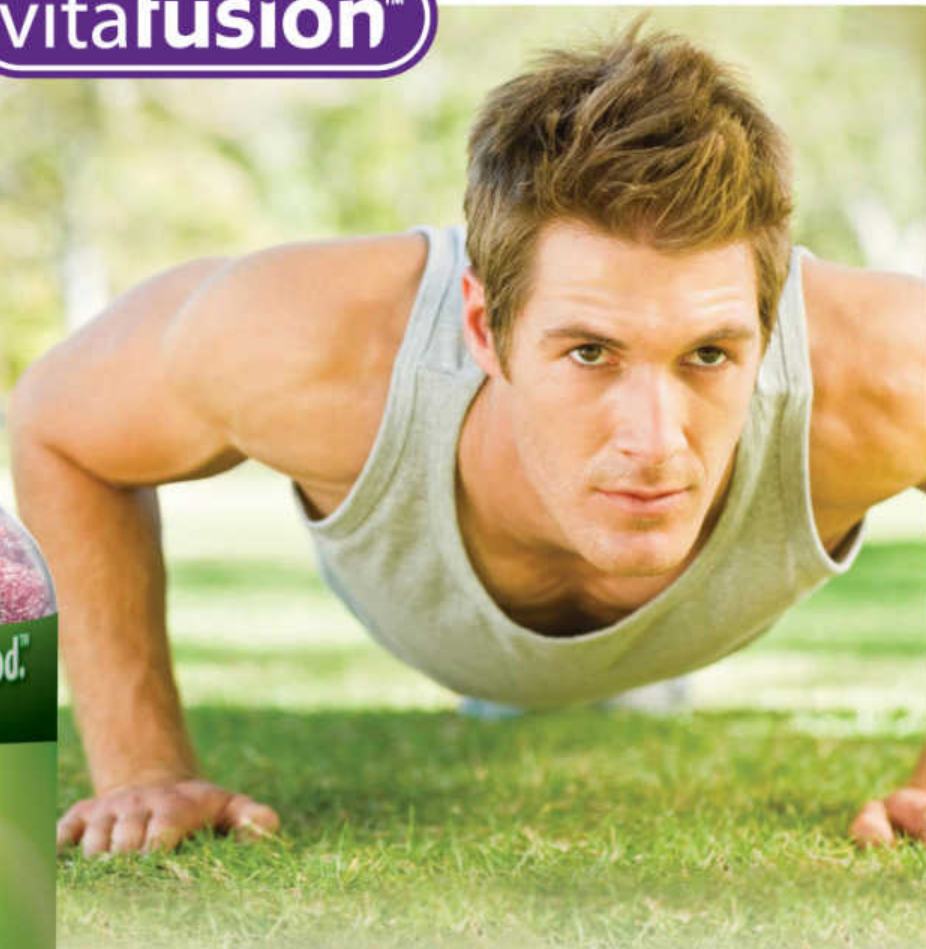
your risk of heart disease and stroke, while saturated fats—the kind doughnuts and chips are dripping with—can raise cholesterol and increase your risk of heart disease. But, a warning: Just five days of fat-bingeing—eating 55% of your daily calories in fat—can muck up your metabolism and open the door to disease, according to a new Virginia Tech study. ¶ In it, healthy college-age guys ate a typical diet of 55% carbs, 15% protein, and 30% fat (11% of which was saturated fat) for a week, to normalize their diet and set a baseline; they then loaded up on super-high-fat foods, to flip the ratio to 30% carbs and 55% fat (including 25% sat-fat). ¶ The results were swift and shocking: The fat glut sabotaged the way subjects' muscles metabolized nutrients and oxidized glucose. This stalled the body's insulin response, a step toward obesity, diabetes, and other diseases, and multiplied endotoxins, bacterial waste that wreaks inflammatory havoc. ¶ Even the researchers were surprised. "This was the first study in healthy males to show that a short-term, high-fat diet can raise endotoxins in the blood—early cues to obesity and diabetes," says Matthew Hulver, Ph.D. ¶ Lesson: Enjoy good fats in moderation, and have the odd cheat meal, but submit to the lard too often and it's medical salvation you may end up needing. —ADAM BIBLE

Fasten your taste buds, it's gonna be a bumpy flight

■ Why does airplane food suck? When noise exceeds 85 decibels, as in flight, foods taste less sweet and more "umami" (savory)—so a dish you like when it's quiet you may hate when it's noisy, Cornell U. reports. Loud bars can also top 85 db—but after a few jalapeño poppers, who can taste anything?

Food styling by Amy Taylor/Bernstein & Andrulli

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Food shows make you feed your face

■ With the TV landscape so full of mouthwatering cooking shows, flipping channels can seem like a trip through food-porn paradise. Unfortunately, using these shows to cook by can backfire on you.

A new Cornell study found that viewers who used TV recipes to create dishes from scratch weighed an average of 11 pounds more than those who watched just for fun. They were also heavier than home cooks who used

cookbooks, online recipes, or personal recommendations to make their dishes.

"Cooking shows may normalize unhealthy foods or portions, which can make home cooks think it's OK to eat that way on a daily basis at home," says lead author Lizzy Pope, Ph.D. "The best thing to do is be aware that depicting healthy foods is not the No. 1 mission of most food shows."

So get your recipes from sources other than Emeril and Rachael—like your favorite monthly magazine, pages 28, 100, and 128.

A dangerous way to horse around



■ Next time you're working your way through the Kama Sutra with your lady, make sure you use extreme caution when she mounts up for the cowgirl position (her on top, straddling you). A study published in *Advances in Urology* found that penile fractures (ow!) were 50% more likely to happen when partners were in that position.

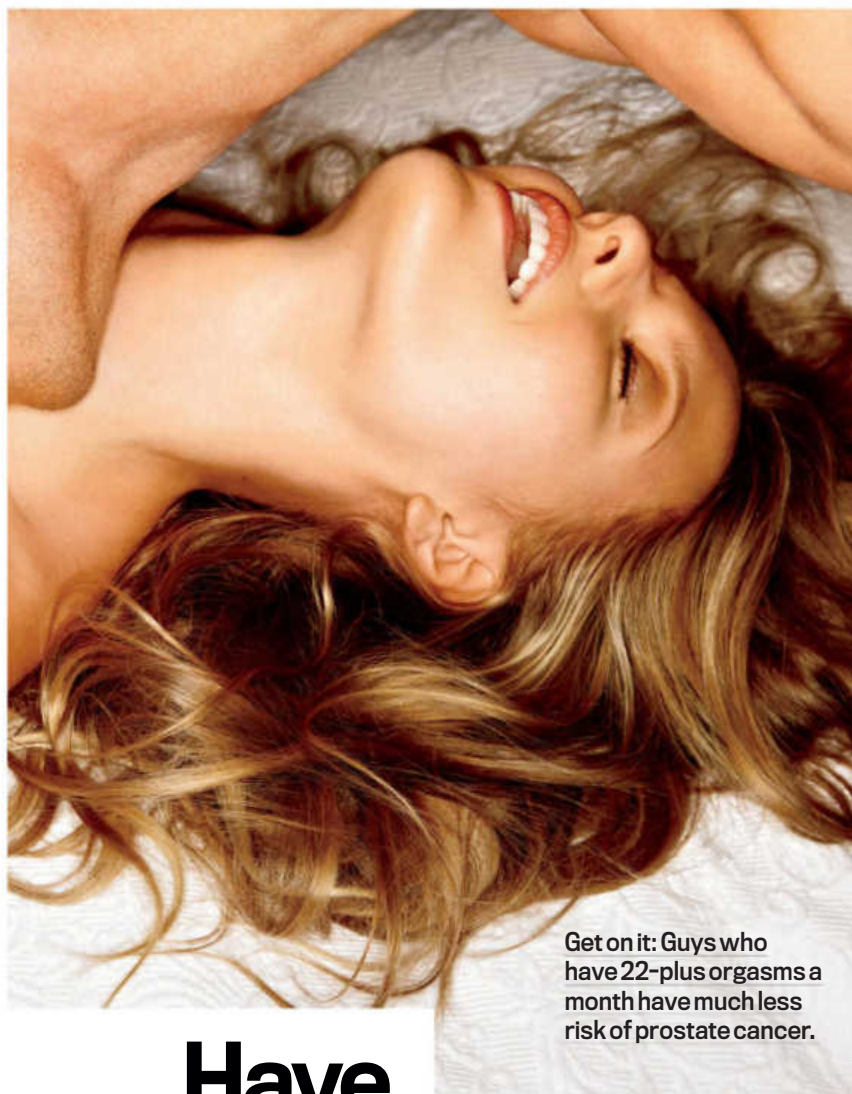
The sunscreen hall of shame

■ A shocking 80% of sunscreens sold in the U.S. don't work as well as they claim and/or contain harmful ingredients, the Environmental Working Group (EWG) reports.

The majority of the 1,700 sunscreens the watchdog org tested skimp on UVA protection; boast laughably high SPFs (per the FDA, nothing over 50 is any more effective); have

chemicals that can be harmful, like oxybenzone, a hormone disrupter, and retinyl palmitate, a possible skin-tumor developer; or are aerosol sprays that give hit-or-miss coverage or can even be dangerous if inhaled.

EWG's Sunscreen Hall of Shame inducted 30-plus products this year—visit ewg.org for the list, as well as products that scored well, like Aubrey Organics, Alba Botanica, and Nature's Gate.



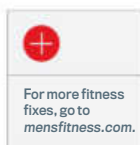
Get on it: Guys who have 22-plus orgasms a month have much less risk of prostate cancer.

Have more sex (here's why!)



Talk about getting lucky: Have an orgasm daily (or nearly that) and you'll lower your risk of prostate cancer by 33%. ¶ That's right: Men who ejaculate

more than 21 times a month are one-third as likely to get prostate cancer as those who get off only four to seven times a month (and yes, doing it alone counts, too), according to pre-publication reports of the 10-year follow-up of a Harvard study from 2004. ¶ The study's authors hypothesize that getting rid of all that baby batter releases beneficial hormones or that flushing out the old sperm regularly may purge precancerous cells. And though they can't comment on the record about their research till the results are officially published, we're going to take their word for it and get started ASAP. ¶ And in related news: To make sure you can get it up when you need it, try to have two or three cups of coffee (or the caffeine equivalent) a day, say researchers at the U. of Texas. Their study found that men who consume 85 to 170 milligrams of caffeine daily are 42% less likely to report any kind of erectile dysfunction. Docs think the caffeine relaxes arteries and muscles leading to the penis, allowing for more—and better—boners.



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For workout thrills, get "mobbed up"

■ Feeling isolated, bored with the gym, or just unmotivated to exercise? Then get with the crowd.

Specifically, the "flash mob fitness" crowd—gangs of as many as 100-plus athletes of every level, from pro jocks to newbies, who go on free early-morning city runs and do stimulating drills like bear crawls and burpees in the park. And all

you need to do is show up and join in.

Called the November Project, the movement was started in Boston by two former college rowers to keep fitness buffs going during dreary New England winters. So far it's spread to 19 cities, including San Diego, Chicago, NYC, and Denver. For locations, go to november-project.com.

Or, if it's not yet in your city, start your very own mob. (The site tells you how.)

Stronger handshake = Healthier future

you're going to be around, *The Lancet* reports.

Researchers took the results of an epidemiology study on nearly 140,000 people in 17 countries and culled all data on subjects' grip strength, measured using a hand dynamometer. Poststudy death stats showed that every 11-lb decrease in a subject's hand strength meant a 16% higher risk of death in general and a 17% higher risk of heart-related death.

Pick up a dynamometer on Amazon for \$30; you won't need it for mortality reasons yet, but till you do, it makes a heck of a party game.

■ Your grip strength can show more than how manly you are—as you age, it can predict how long

A bedtime snack that builds muscle? Yes!

■ More fodder for the "when should I eat protein to build muscle?" debate: A *Journal of Nutrition* study found that a protein shake before sleep can up muscle synthesis by 22%.

In the 12-week study, 39 young men lifted weights three times a week and ate a 275-calorie snack (cheese sandwich, apple, no-cal drink, for 37g carbs, 10g protein, 9g fat) afterward; otherwise, they kept to their normal diet.

But 19 of the guys also drank a protein

drink (27.5g protein, 15g carbs) before bed. At study's end, that group had more muscle and were significantly (3%) stronger.

"It's remarkable that ingesting protein before sleep increased muscle mass and strength even when these men already took in relatively high daily protein (.6g protein/lb of body weight)," says study head Tim Snijders, Ph.D.

Bottom line: "We can't conclude that [nighttime protein] is more effective for muscle building," Snijders says, "but it's certainly a viable option."



The 58/2 fix

Sit for 58 minutes, walk for 2, live longer

W

Whether you're a full-time desk jockey, a 911 operator, or a Supreme Court justice (dude, it could happen), science has discovered an important trick you can use to stay healthier and live longer. ¶ According to a U. of Utah School of Medicine study, getting up and walking for at least two minutes every hour can lower your risk of early death by 33%. And no, just standing up doesn't cut it. "When getting up, try light-intensity activities like casual walking or going up stairs," says study lead Srinivasan Beddhu, Ph.D. "Activities of very low intensity, such as standing, aren't as beneficial." ¶ To remember your healthy hourly stroll (you may want to give your boss a heads-up first, lest he/she read some intrigue into your wanderings), set an app or timer and get creative to form some new habits. For example: Instead of drinking water out of a huge bottle at your desk, use a small glass and refill it often; take the long (as in, opposite) route to the copier; get coffee from across the street, not the kitchen; walk downstairs and back; and use the restroom at the far end of your work area. ¶ Even if you're just couch-potatoing at home, take time between TV shows or book chapters to haul ass—your heart will thank you.



For more quick fitness fixes, go to mensfitness.com.

Grooming by Matthew Tuzozli/Artists by Timothy Priano

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How to fight with your girlfriend 2.0

■ It's third and goal. She takes the remote and switches to *Real Housewives*. You're pissed. What to do?

Let it out: Sharing your feelings is helpful, says *The Mathematics of Love* author Hannah Fry, Ph.D. But, seriously: Watch what you say.

When Fry, a U. College London math prof, statistically analyzed a noted couples study, the data showed that sharing is healthy—but word choice is paramount.

Says Fry, "Not all

communication is equal. In the study, couples in strong relationships held deep-seated positive views of each another, and dismissed bad behavior as out of the ordinary, saying things like, 'You're just tired.' But troubled couples used bad acts to reinforce negative beliefs, saying things like, 'You're always selfish.'"

Lesson: Resolve issues asap, but if you find yourself using mean or button-pushing words ("always," "never"), try looking deeper into the relationship.

To stay productive, sip a cocktail (but don't skip sleep)



■ Don't feel guilty about heading to happy hour tonight—just get at least seven hours of sleep before going back to the office tomorrow, and your job performance

won't suffer.

Boozing it up (well, 3-4 drinks max for men, 2-3 for women) on a work night has very little effect on productivity the next day—but sleeping only six or less hours sharply cuts productivity, according to the surprising results of a

Rand Europe Report on 20,000+ workers across the U.K.

Other factors—money woes, mental or physical troubles, even workplace bullying—also affected productivity somewhat, but nothing was linked to it as directly as lack of sufficient sleep.

Your first pet's name was "Joseph Stalin"

(And other smart answers to online security q's)

W When it comes to Internet security questions like "What was the name of your first pet?" it's easier to stick with the truth than to type in something random—like the name of your favorite Bolshevik dictator—then, months down the road, try to remember what you did. So, usually, "Spot" it is. Unfortunately, as Stalin himself might say: "You make very big mistake." ¶ A new Google/Stanford analysis of hundreds of thousands of security questions found that most users' answers are anything but secure: Many ("What's your favorite color?") are too simple or have too few possible choices. Others ("Where were you born?") may be known to acquaintances, or can be easily learned by rifling through e-mail you've left open, or doing simple research. And some may be used on other sites, making them vulnerable if there's a data breach. ¶ "Big deal," you're thinking. "It's not like it's my password." Wrong again, says Patrick Nielsen of Internet security firm Kaspersky Lab: "Security questions can be used to access your accounts without your password—so, in essence, answers to security questions are passwords. That's why you need to pick them with care." ¶ Below, the Lab's top Q&A tips. —JEFF TOMKO



Watch your info, dawg. When you use simple, guessable answers to Web security questions, they can be quickly sniffed out by just about anybody.

Crack the "Security Question" Code

- **DO:** Use a password manager—software that keeps track of your secrets and can be accessed only with a single password you choose. (Nielsen recommends kaspersky.com.)
- **DON'T:** Use single-word passwords. Instead, switch to nonsensical "passphrases," like "Consider the purple seahorse clicking the roof." (But make up your own!)
- **DO:** Make up fake answers for security questions, and store them in the password manager.
- **DON'T:** Use the same answers on multiple websites. Ever.
- **DO:** Wherever possible, use sites with two-factor authentication, which asks you to verify your info a second way—e.g., by text or e-mail.



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Style

Breakthroughs



Military-inspired trench coats are here to stay. Michael Kors adds industrial zippers to give it an edge (\$995).



Old-school fabrics like **Harris tweed** give unexpected polish to this Timberland down-filled vest (\$498).



The perfect hybrid, by Mark Nason Skechers (\$125): **Work boot meets dress boot**.

Fall's coolest looks

It took some doing, but we finally caught up with our highly sophisticated fashion guru, the Style Svengali, and got his picks for autumn's top clothing and accessory trends



Shearling is everywhere right now. Coach gives it a cooler urban vibe when it's a trimmed-up bomber jacket (\$1,995).

Performance fabric isn't just for gymwear. DKNY gives a suit jacket a jolt with the durability of active stretch (\$445).



A **dressed-up sport watch**, like this Swatch chronograph with leather band (\$180), pairs easily with a suit.

The **vintage-style sweater** looks right again. Nobody does it better than the venerable Brooks Brothers (\$398).



Styling by Claire Tedaldi/Halley Resources

DAVID RINELLA



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EVERYTHING YOU NEED TO MAKE LIFE WORK FOR YOU

Game Changers



The new tailgate grub

Five game-day recipes that are a win-win—for your taste buds *and* your waistline

By Shawn Donnelly
Photographs by
William and Susan Brinson



If you're a football fan, it's easy to spend the next 16 Sundays eating like an offensive lineman. But beer and brats take a toll on your belly—so change things up once in a while with food that's festive, flavorful, and even good for you. A few simple swaps will turn a heart-stopper into a power meal.





Turkey Sloppy Joe Sliders

■ The ground beef in your typical slider contains more fat than a small Banana Split Blizzard from Dairy Queen. Sub out the ground beef, and sub in lean ground turkey, which will net you about half the calories, a quarter of the fat, and even more protein.

MAKE IT: Mix your ground turkey with your favorite low-sodium ready-made sloppy joe mix, add tomatoes, spices, and kidney beans (for extra protein and fiber), and use mini whole-grain buns.

Sweet side: Sweet potatoes are richer in vitamins A and C and lower on the GI index than regular potatoes.



A smarter sauce:

Dips and sauces are often worse than what you're dipping into them. Swapping yogurt for mayo will have a big impact.

Boneless Buffalo Wings

■ A single deep-fried chicken wing has 160 calories—not counting the buttery hot sauce—so a quick dozen has almost as many calories as an entire cheese pizza. To make wings easier on your gut, go with pan-fried white-meat chicken tenders.

MAKE IT: Cut boneless chicken breasts into strips. Dredge in a mixture of equal parts whole-wheat flour and cornmeal. Pan-fry in a little canola oil. Drizzle with your favorite tangy hot sauce.

Greek Yogurt Blue Cheese Dip

■ A single ounce of blue-cheese dip contains 150 calories and 14 grams of fat. So even if the only thing you ate pregame was celery sticks dipped in it, you'd still need to run for half an hour just to burn it off.

MAKE IT: Simply use Greek yogurt as your base instead of mayo, and add a little crumbled blue cheese, cayenne pepper, and a few dashes from a trusty bottle of Frank's RedHot.

Greek Deviled Eggs

■ Four regular deviled eggs have about as much mayo as a turkey sandwich. But deviled eggs are all about that delicious yolk, so keep that, but replace the mayo with Greek yogurt. You won't really notice the difference—but you *will* cut calories by a third.

MAKE IT: Hard-boil a dozen eggs; let cool and peel. Cut each egg in half lengthwise. Remove yolks, add to a bowl, and mash; add $\frac{1}{2}$ cup yogurt and 2 tsp mustard and mix well. Fill each halved egg white with yolk mixture; top with chopped onions, diced peppers, and paprika.

Food styling by Suzanne Lenzner; Prop styling by Heather Chontos

Tailgate Tips

■ **Ketchup** has no fat but is full of sugar (3.6 grams per tbsp).

■ Don't be fooled by **aioli**—it's just a fancy word for garlic mayo.

■ **Hot sauce** is low calorie but can be high in sodium. So check the label.

■ **Mustard** is a zero-calorie, no-sugar way to add flavor.

■ Cut slow calories by using **vinegar** instead of mayo as a base.

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Faster Than Fast Food

MEN'S FITNESS asked you to submit your ultimate quick and easy meal recipe, and we've picked a winner!

Submitted by @healthypnman, this chicken and veggie recipe is sure to help you eat better without slowing down your schedule.



CHICKEN AND VEGGIES OVER RICE

1 cup Minute® Ready to Serve Brown Rice

1 Tbsp. olive oil

1/2 cup each sweet onion and red pepper, diced

2 cloves garlic, minced

1/4 to 1/2 tsp. crushed red pepper

1/2 cup each black beans and corn

1 cup shredded chicken breast, cooked

1/2 cup chicken stock

Salt and pepper to taste

Heat olive oil in a sauté pan over medium heat. Add onions and red pepper. Sauté until onion is translucent, and peppers are softened, approx. 3 min.

Add garlic and crushed red pepper. Sauté for another minute, until the garlic becomes fragrant.

Add remaining ingredients, and salt and pepper to taste. Stir to mix. Cook for 3 or 4 minutes until heated through.

Heat Minute Rice according to package directions. Serve the chicken and vegetable mixture over the rice. Garnish with cilantro and add the juice of one lime when serving.

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Game Changers

Nutrition

Baked Sweet Potato Fries

■ Compared with regular fries, sweet potato fries seem like the healthier side—but except for sweet potatoes' extra vitamin C and A and lower glycemic rating, the two are nutritionally very similar. For the healthiest cooking option, always bake instead of fry—you'll cut fat by at least 50% and reduce calories by a third.

MAKE IT: Cut sweet potatoes into wedges. Brush with egg whites and sprinkle with sea salt, pepper, and garlic powder. Bake for 12 minutes or till golden brown. For extra punch, drizzle with low-fat sour cream and chives.



Belly-Friendly Beer

Michelob Ultra won our best beer award last month. For extra variety, here are four more top picks to add to your cooler.

■ If you're looking to find the best selection of healthier-than-"Fat-weiser" brands of suds, forget hitting the mass-market section of your supermarket beer aisle. Instead, says Matt Simpson of thebeerexpert.com, get a range of healthy options, from small-batch brands to even local breweries, at your nearest Whole Foods or other stores. Our favorites:



Sam Adams Light
119 CALORIES, 4.3% ABV

This is the one beer we approve of with the word *light* in its name. "If you're going to drink a macro-industrialized lager, drink this one," says Simpson. "It's got ever-present flavor, and it's all malt."



Westbrook Gose
120 CALORIES, 4.0% ABV

"This small brewery in South Carolina uses a little salt in the brewing process," Simpson explains. "This adds a savory dimension—almost like an umami to the palate. It's very refreshing and even comes in cans."



Founders All Day IPA
147 CALORIES, 4.7% ABV

Simpson says: "It's got a big citrus-hop aroma: pine, grapefruit, mango, tangerine. It's very light. It's also slightly bitter, but not overly so. And it uses a lot of hops but is very well-balanced."



Dogfish Head Festina Pêche
160 CALORIES, 4.5% ABV

"This American take on a Berliner Weisse is crisp, tart, and refreshing," says Simpson. "Peaches give it a light fruit aroma as well. It's easy to drink, very dry, and great with cheeses, fruits, or salads."



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Remember your pomegranate

Science has deemed it a superfruit with some exceptionally promising health benefits

Amazing antioxidants

■ Like many fruits and juices, pomegranates and pomegranate juice have compounds called polyphenols, a type of antioxidant.

These compounds may help protect the body against free radicals—unstable molecules that cause damage to our bodies over time.

Polyphenols are found in fruits such as berries and grapes, as well as in bitter or astringent-tasting foods like onions, apples, and cocoa.

One UCLA in vitro study, however, found that pomegranate juice has, on average, more antioxidant potency than red wine, grape juice, or even that health food favorite, green tea. In fact, pomegranate juice actually has triple the antioxidant potency of green tea.

A memorable fruit

■ From crossword puzzles to eating the right foods, certain strategies may be helpful for cognition as you age.

A preliminary 2013 UCLA study indicated that a small group of older adults with age-related memory complaints who drank eight ounces of pomegranate juice each day showed increased verbal memory performance and functional brain activity in MRI testing after just four weeks.

In another small pilot study at California's Loma Linda University that same year, 10 older adult heart patients were given 2,000 milligrams of pomegranate extract daily, beginning a week

before their heart surgery and continuing for six weeks after it.

Compared with a placebo group, they showed improved memory that lasted for up to six weeks after the surgery.

Good to the core

■ The collection of microorganisms that live in our body, called our "microbiome," is a major focus of many research labs. Because of

this research, we're continually learning more about how integral this microbiome is to our overall health and well-being.

Recent in vitro and in vivo studies suggest that the phytonutrients in pomegranates may have a positive influence on gut microbiota. This appears to be due to the fact that pomegranates contain a unique category of phytonutrients: a group of polyphenols called

ellagitannins.

Emerging science suggests that these particular polyphenols may be linked to the enhanced growth of a number of beneficial bacteria.

They may also help inhibit the growth of some of our gut's less-friendly bacteria. Two research papers written by University of Mississippi scientists in 2009 and 2010 began to explore, in vitro, how pomegranate extract may affect the growth of a variety of gut bacteria. More recently, a study published in the journal *Nutrition* in 2014 investigated the role of in vitro activity of pomegranate extract against *C. difficile*, a type of gut bacteria.

Stay tuned

■ Although the early scientific findings appear promising for both cognitive and gut health, the impact of pomegranate products on the human brain and gut microbiota hasn't yet been adequately studied. Further studies, on larger populations, will be needed to determine the long-term effect of pomegranate juice and extract on a range of cognitive functions. Future clinical research is also needed to help establish causation as well as the potential for using pomegranate products as prebiotics.

Taste the benefits

■ Try pomegranate juice as a straight morning pick-me-up, or as a mixer with your favorite cocktail. It's a great health booster that goes down easy.

Red alert.

Liven up your day with a good-for-you glass of pomegranate juice.



Food styling by Suzanne Lenzner; Prop styling by Heather Chontos

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TWO TRUTHS
AND A LIE WITH

Charlotte McKinney

The next Brigitte Bardot has two left feet, admires Kate Upton, and hates working out... or does she?

By Brittany Smith

When Carl's Jr. put model Kate Upton in an insanely popular TV ad for its burgers three years ago, it was hard to imagine they could ever find a hotter, blonder bombshell.

But meet Charlotte McKinney—actually, you probably already have. She bounced, seemingly naked, in slo-mo through a farmers' market in her Carl's Jr. ad, which ran during the 2015 Super Bowl, then nabbed 11.4 million YouTube views (more than double Upton's).

McKinney's actually a little tired of the Upton comparisons. "I admire her so much, but I'm not the next Kate Upton," insists the 22-year-old, who says she's inspired by earlier sex symbols. "I'd always tell my mom, 'I want to be famous like Claudia Schiffer or Brigitte Bardot.'" Like Schiffer, she's starred in Guess jeans campaigns and is signed with world-class modeling agency Wilhelmina.

Recently, her fame landed her a spot on *Dancing with the Stars*, where her chest had to be taped down for rehearsals. (The jive is a lively dance.) Sadly, she was the second person voted off.

The "curvier bombshell with boobs," as she describes herself, admits her hobby is basically, well, staying hot. "I'm really into fitness," she says, "so my hobbies are yoga, Pilates, and working out."

Gotta love a girl with ambition.



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Rest better, get bigger

Resting between sets doesn't have to mean vegging out. Here's what to do to make more gains during your downtime.

By Sean Hyson, C.S.C.S.

Y

You love your rest periods. Sometimes they're the best part of a workout—those brief respites between sets of a hard lift that allow you to catch your breath, get a drink, and ogle women in stretchy pants. ¶ But while resting is an essential part of anaerobic exercise (like weight training), that doesn't mean you should sit like a lump the entire time. There are several strategies you can use between sets that will help you get bigger, stronger, and leaner. ¶ Start using them now, and make your rest periods work for you!

Tank: AMERICAN APPAREL
Pants: PUMA
Shoes: ADIDAS
Watch: NOOKA
Want it?
See page 145.

Open up.

Stretch your muscle gains by stretching your pecs between sets of back exercises—it'll help you lift more overall weight.

Styling by Shandi Alexander; Grooming by Lydia Sellers/Exclusive Artists using Kevin Murphy Hair Care



**THAT JUST
BRUSHED
CLEAN
FEELING**

after an innocent
“let’s grab coffee”
got you more
than just coffee.



Get antagonistic

■ Whatever muscles you're training, try stretching their antagonists—the muscles that oppose them—between sets. For example, if you're working your back, which is all pulling muscles, you'll stretch out your chest, which is used to push. Other complementary muscle groups: shoulders and back, thighs and hamstrings, and biceps and triceps.

In a study published last May in *Research in Sports Medicine*, two groups of subjects were tasked with performing three sets of seated rows (which primarily work the lats), with two-minute rests

between sets. While resting, one group did nothing, while the other group had their pecs stretched by a researcher for 40 seconds. Result: Not only did the subjects who stretched not lose reps to fatigue in each succeeding set, they actually got more reps than those who hadn't stretched. Researchers also measured significant increases in muscle activity in the subjects' lats and biceps.

It's not clear exactly why stretching is helpful or if actively stretching on your own will have the same effect, but Sherrington's law, a physiology principle, states that when a muscle is stimulated, its

antagonist is forced to relax—so it's possible that stretching one set of muscles forces greater relaxation, and therefore recovery, in its antagonists, leaving them fresher for subsequent sets.

Squeeze in some cardio

■ Whether you're training to lose fat or build endurance, you can burn more calories in your workout by doing some light cardiovascular exercise between sets. This could be anything from simple jumping

jacks to jumping rope, kettlebell swings, or a sprint on an Airdyne bike. Interset cardio "keeps your heart rate elevated without hindering your weight training goals," says L.A. trainer Kate Vidulich, owner of *fatlossaccelerators.com*. But ease into it if you're not in very good shape to begin with.

"Do 30 to 45 seconds of cardio, then give yourself at least 30 seconds of pure rest," says Vidulich. And be sure the exercise you choose doesn't compete with the lift you're performing. In other words, don't do bike sprints between sets of squats, or you'll see your leg strength drop off rapidly.

Breathe deep

■ Sometimes sitting down to rest between sets is not only OK but advisable, such as when you're about to perform an extremely heavy lift. Your nervous system has to gear up for the effort as much as your heart and your muscles.

But even then you can still be active with your recovery. "Take a deep inhale, then make sure your exhale is slow and deliberate and takes twice as long," says strength coach Jim Smith, C.S.C.S., co-author of *Strength: Barbell Training Essentials*. "It slows down your heart rate and restores normal breathing."

Rest Right

■ Below are the approximate recommendations for rest times (complete rest, that is) between sets according to your goal, per the National Strength and Conditioning Association (NSCA).

Goal	Rest
Muscle gain	30-90 sec.
Strength	2-5 min.
Endurance	30 sec. or less

*Note that since fat loss depends primarily on diet, there is no official rest-period prescription for it, although we feel that both short and long rests work, depending on the program.

HARD FACTS

OUR TRAINING DIRECTOR, SEAN HYSON, SOLVES YOUR WORKOUT CONUNDRUMS

"How much do I need to bench in order to have a big chest?"

BILL M., HICKSVILLE, NY

■ The bench press is probably the most popular lift in strength training, but it's actually a mediocre exercise for the pecs. You've made a common mistake thinking that it automatically correlates to chest mass.

The bench is a cornerstone lift because it does build the upper body, but if you're really trying to zero in on your pecs, focus on dumbbell pressing and pushup variations instead. These exercises work the pecs more directly and harder because they take them through a greater range of motion. They're also less risky for the shoulders.

This isn't to say that you shouldn't bench-press if you want to, but chasing a specific number of pounds on the bar won't guarantee a certain number of inches on your chest.

Sean Hyson, C.S.C.S., is the Men's Fitness training director and author of 101 Best Workouts of All Time, 101bestworkouts.com.



Compared with the bench press, dumbbell presses and pushup variations work the pecs harder and more directly.





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Eat for speed

Mark Cavendish is cycling's fastest sprinter, yet his approach to nutrition is more everyday athlete than superhuman speed demon. These are his rules for not overthinking what you eat.

By John O'Connor

British cyclist Mark Cavendish stormed the cycling scene at age 22 when he won a prestigious European race called the Grote Scheldeprijs. The former track cyclist, known for explosive sprints, was quickly picked up by the British National team and began competing for the coveted yellow jersey in the Tour de France in 2007. ¶ After a slow build of impressive finishes, but no wins, Cavendish began dominating, winning the final Tour de France stage four times in a row—as of this writing, he holds a total of 25 stage wins. ¶ Now, on the heels of a ridiculously busy summer race schedule—the Tour of Switzerland and British Championships in June and the 2015 Tour de France in July—Cavendish is in full-on training mode and focused on eating right. Fueling up for endurance sports is a tricky science, but, as Cavendish himself says, you can't let diet consume you. ¶ We caught up with the “Manx Missile” to get his advice on how to eat smart during training without being a slave to nutrition labels.

1. Don't follow the crowd—make the choices that are right for you

■ “A lot of riders like eating oatmeal for breakfast, but that's not something that works for me. But rice does, so I'll have an omelet and rice for breakfast in the morning—it's such a simple carb to digest, and it has a lot of fluid. I also don't drink much dairy—a lot of riders say drinking milk before riding increases phlegm in their chest. Instead, I'll take an alternative, like almond milk or sometimes soy milk.”



Life in the fast lane. Sprinter Mark Cavendish has been called the Usain Bolt of cycling.

2. Snack your way to recovery

■ “Never go completely synthetic—your body needs real food. Instead of concocting recovery

shakes all the time, choose a snack that's packed with good stuff. I've always loved pistachios, which have a lot of protein—more than 12 grams in a typical 50g serving—and tons of vitamins and minerals, like potassium, so I eat them between race stages. I even had my nutritionist create an energy bar with them. [See recipe, left.] Now practically the whole cycling world eats it.”

3. Learn to eat just enough

■ “One mistake athletes make when they're training is eating too much. They think carb-loading is the way to go, but you don't

need to overeat to do that. For instance, they say Tour de France riders burn 8,000 calories a day. I don't think that's right. If a normal person did a Tour stage, they might burn 8,000, but our bodies become so efficient, I think we burn about half that. It's worth fine-tuning your diet to account for that.”

4. Avoid trans fats!

■ “The one thing I stay completely away from are trans fats, or hydrogenated fats—and now, with the new federal ban that phases out trans fats over the next three years, that should be even easier. The body can't take them—it can't break them

down. Fat's important to the body for recovery, but some fats increase stress and some decrease it. Good fats are what you want.”

5. Know when to relax

■ “I believe athletes who say they're absolutely, biblically strict about their diet are either lying or sick in the head—you've got to have some fun. You're not really living if you're weighing every bit of rice on your plate. Especially when I'm not competing, I'll relax with the odd bar of chocolate or glass of wine. I also like a dessert now and then, though I tend to go for a plate of fruit.”

Mark's Better Bar


MAKES 20 BARS

1) In a rice cooker, add 16 oz of rice, 4 cups of water, a dash of sugar, 3.5 oz of shelled, chopped pistachios, and maybe a little vanilla for flavor. Let cook per your rice maker's instructions.

2) When done, mix in 7-10 oz of cream cheese, then lay it out on a tray, smooth down, cover in plastic wrap, and cool.

3) When cooled and set, cut it into 2-inch-square bars.



A full-page portrait of cyclist Mark Cavendish. He is wearing a tan and black Molteni cycling jersey with 'MOLTENI' printed in large white letters across the chest and on the sleeves. He also wears a white cap with 'MOLTENI' in black. He has his arms crossed and is wearing white cycling gloves. He is looking upwards and to the right with a focused expression. The background is a dark, textured olive green.

You don't rack up 25 Tour de France stage wins by getting careless or lazy and eating crap—British cyclist Mark Cavendish should know.

Song and dance man

90210 and Rock of Ages star Diego Boneta has hit the entertainment trifecta, with breakout performances in TV, film, and his original love, music

The Guy

■ The Mexican-born pop star made the leap from music to acting by landing a role in the CW's *90210*, then playing an '80s rocker beside Tom Cruise in *Rock of Ages*. In a way, it was familiar territory.

"My parents loved '80s bands," says Boneta. "I wanted to become the next Bono." At 12, he beat out 40,000 hopefuls for a spot on a Mexican talent show for kids (he came in fifth). "I asked my grandma, 'Am I crazy to want this?' and she said, '*Querer es poder*'—where there's a will, there's a way."

Clearly, she was right: This fall, Boneta, 24, is slated to star in the Fox comedy-horror series *Scream Queens* as well as release an EP he describes as "Bruno Mars meets the Black Keys." He'd like to do a bit of jet-setting, too. "Paris is my favorite city," he says. "I feel like I lived there in a past life—and I don't even speak French!"

The Clothes

■ Nothing suits a world traveler better than clothing with universal appeal. Enter Original Penguin and its Textured Moor jacket. To create it, "we looked at old tailored British jackets, but they were too stuffy," says company design director Adam Weir. So they combined soft-tailored shoulders with a shorter, tighter fit that evokes the casualness of a cardigan—perfect to pair with, say, jeans and a henley.

"It's a European feel with an American sensibility, for a guy who understands style," says Weir. "We wanted that 'dressed up' moment in something that felt outdoorsy."

Grooming by Tasha Brown/Exclusive Artists using Malin + Goetz and Oribe Hair

Clothing:
ORIGINAL PENGUIN
Watch: PANERAI
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See page 145.

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1

2

**Quick-change
Artist**

Switch up the standard navy blazer with this subtle plum two-in-one Vince Camuto slim-fit blazer. With seven-plus pockets for stashing all your stuff, reinforced elbow pads to prevent wear and tear, and an in-line zip that turns it into more of a coat, it's about as versatile a fall look as you'll find.

\$395,
vincecamuto.com



Dual personality

Two new fall jackets—a blazer that transforms into a layered coat, a motocross top that becomes a hoodie—are redefining “functional fashion”

Photographs by Richard Pierce

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See JorgGray.com/jorgstyle for competition rules and entries

An attachable hood—to avoid the bulk of wearing a hoodie—is this moto jacket's marquee attraction.

1

2

Moto Crossover

The ingenious motocross-inspired (Minus the) Leather Black and White Short System Jacket, made of high-performance material, has an attachable hood to avoid the bulk of a hoodie while keeping the look tough-casual. The black-and-white contrast commands attention; pair it with jeans for a fresh-from-the-gym look.

\$228, express.com

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Photographs by Richard Pierce



LA PRAIRIE Anti-Aging Rapid Response Booster

■ Collagen and elastin are the proteins that make up the connective tissue of your skin. As you age, these proteins become disconnected, cell production slows, and all the bad things you've put into your body start to show on the outside. Used for just a couple weeks, the Rapid Response Booster adds anti-aging peptides and extracts that help reduce the depth of wrinkles. \$290, laprairie.com



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Reduce dark under-eye circles, hydrate your face, and even out your skin tone to keep a youthful look.

FROM LEFT:

WEST MEN

PM Retexturizing Cream

■ With a retinoid and a dose of trichloroacetic acid, this cream diminishes lines in the face and reduces pore size. \$160, westskinlaser.com

LAB SERIES

Age Rescue+ Water-Charged Gel Cream

■ This water-in-silicone gel smooths and rehydrates the surface of your face. \$50, labseries.com

SKINMEDICA

TNS Essential Serum

■ A blend of antioxidants and proteins, this serum rejuvenates your cells and makes your face shine with alpha-arbutin. \$270, skinmedica.com

SISLEY

Intensive Dark Spot Corrector

■ Target dark spots caused by the sun with a cream that lightens, exfoliates, and soothes in just one month. \$165, sisley-paris.com

MIENCE

Anti-Aging Formula

■ Combining anti-aging substances like retinol, peptides, and alpha-lipoic acid, this is an all-in-one treatment for a no-fuss routine. \$59, mience.com

IS CLINICAL

Extreme Protect SPF 30

■ This broad-spectrum sunscreen not only protects you from harmful UV rays, it hydrates and helps repair collagen. \$68, lovelyskin.com

SKINCEUTICALS

Epidermal Repair

■ Target skin that's been damaged from sun, wind, or dry air with this therapeutic treatment containing beta-glucan granulate. \$69, skinceuticals.com

ANTHONY

Glycolic Peptide Serum

■ For a solution that works in minutes, use this serum made of peptides and seaweed extract. \$45, sephora.com

IMMUNOCOLOGIE

Intense Eye Cream

■ Aging begins showing around the eyes before anywhere else. This antioxidant cream reduces the capillary enlargement that causes puffiness and dark circles. \$125, immunocologie.com

A man with short brown hair is sitting on a metal bench in front of a large, multi-paned window. He is wearing a grey zip-up hoodie over a white t-shirt, red athletic shorts with grey side panels, and grey Skechers Sport sneakers with black laces and white soles. He is also wearing large white over-ear headphones and holding a black smartphone in his hands. The background shows a view of a city and greenery through the window panes. The overall mood is relaxed and modern.

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BOOKS

Fight Club gets graphic

The book's original writer, Chuck Palahniuk, resurrects his iconic characters 15 years after the film's release, but in a way no one expected—as a graphic novel

■ *Fight Club*, the novel, was great, no doubt, as was the film it spawned. But after reading the incredible new graphic novel sequel, one suspects the comic book might be the story's true home. What better than the graphic form to depict all the mind-bending mayhem of the story, full of dissociative personalities, blood, and flying fists? Yet original writer Chuck Palahniuk took a while to say yes.

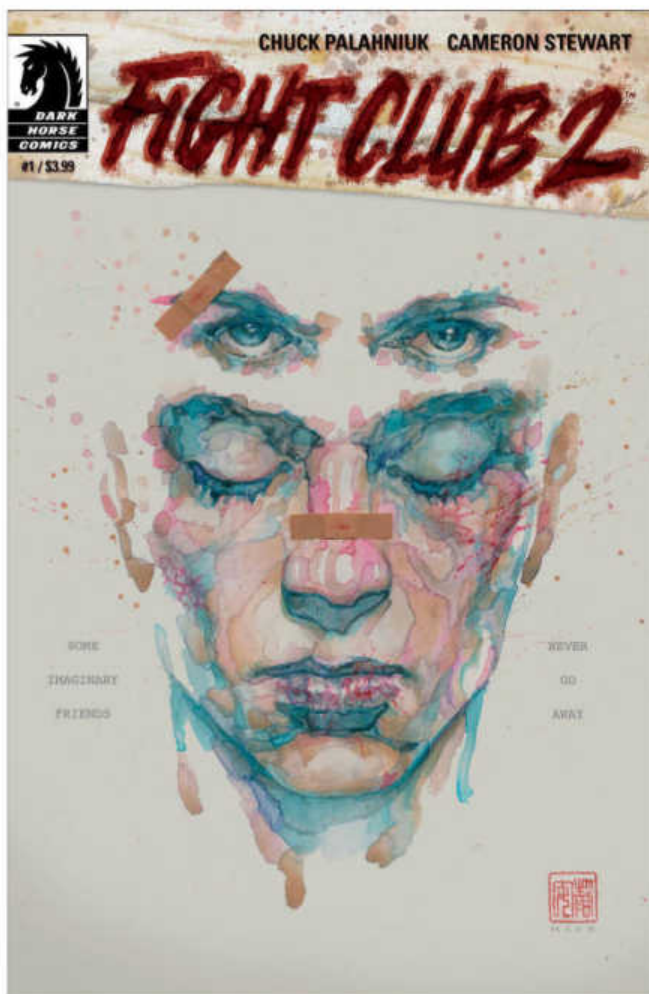
"I've been turning down the idea of doing a graphic novel for 14 years," says Palahniuk. "DC and Marvel came to me several times—I've just never felt confident taking time off to learn a new form." Finally, a writer friend asked Palahniuk to a dinner with comic-world friends, and they managed to talk him into it.

In the first installment of the sequel's 10-issue series, we meet the original story's unnamed narrator ("I am Joe's boiling point"), who now calls himself Sebastian. In the intervening years, we learn, Sebastian suffered "manic delusions" and landed in the loony bin.



They're all talking about *Fight Club*.

Author Chuck Palahniuk's new graphic novel is a knockout.



Now he's realized every midlife nightmare: He's a robotic suit, guzzling pills. Yet store clerks and bartenders with bruised faces still give him stuff for free. "No charge. Not for you, sir."

But Sebastian is no longer interested in risking pain for a little liberation. Instead, he returns to the horrifyingly quaint suburban house he shares with his now-wife, Marla Singer. And home, because we're inside the mind of Chuck Palahniuk, is hell.

Interestingly, Palahniuk didn't immerse himself in the graphic-novel genre first. "I didn't read much because I didn't

want to absorb, or accidentally use, someone else's style," he says. "I wanted to reinvent."

Reinvent he does: The feeling of split personalities is heightened by the awesome art. Frames switch back and forth between washed-out blues and grays for Sebastian's depression and more vibrant, sharply etched hues for Tyler's cameos and Sebastian's fantasies of escape—flaming riots, exploding heads, and barking sex.

Get ready for the most exciting comic series since *Saga*. Tyler Durden lives, and he's pulling no punches.

—DAN SLATER

Hit me

Author Chuck Palahniuk on hardcore workouts, anabolic steroids, and the body that awed the world

Where does the writer of *Fight Club* work out himself? Recently I moved from the 24-hour Fitness Gyms to one of those hardcore gyms with out-of-date bodybuilder posters on the wall. There's something so '80s about it—I feel really nostalgic being around that grunting energy again. I go four days a week when I'm not on tour.

You wrote an essay about your brief flirtation with Anadrol, an anabolic steroid. Which supplements are you trying these days? I haven't taken supplements in close to 15 years, probably since that essay. I'm lactose intolerant, so most protein supplements makes me sick.

Is *Fight Club* the most physical book you've ever written? I try to have some kind of physicality in all the books. I fall back on violence or sex or illness or drugs, or an accident of some kind. *Invisible Monsters* uses surgery and drugs. *Choke* uses sexual compulsiveness.

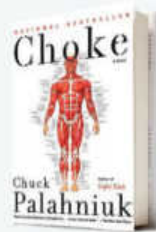
When you were writing the original novel, did you see the "Brad Pitt *Fight Club* body" becoming a cultural phenomenon? I knew the character would be idealized, even though he made fun of idealized bodies. The irony was that, for the movie, Brad Pitt would be the one making fun of the



idealizations, even while saying things like, "I look like you wanna look. I fuck like you wanna fuck." That was Tyler's character, and Pitt became it. —D.S.

CHOKES HOLD

A few words on behalf of one of Chuck Palahniuk's other great—and twisted—books, *Choke*.



■ *Fight Club* may be Palahniuk's magnum opus, but *Choke* is another rare book that feels as though it was meant to be experienced together with the movie it inspired.

In the 2001 novel, Palahniuk's first *New York Times* best seller, Victor Mancini is certainly bizarre enough. Seriously: No other writer in the world could have dreamed up a Colonial American reenactor who's also a recovering sex addict and who feigns choking in restaurants to skip out on the bill. Palahniuk's descriptions

and imagination are visceral.

But in the 2008 film adaptation, when you see Sam Rockwell's nuanced but subtle take on Victor as he chokes in a crowded restaurant or visits his ailing mother wearing breeches and stockings, you finally understand Palahniuk's vision.

Just as Ed Norton, with his measured weirdness, brought *Fight Club* to life, Rockwell—arguably the most underrated actor of his generation—is the ideal fit for Palahniuk's demented genius.

—BILL BRADLEY



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@KDKUIPER, BANGKOK | Amazon asked if I'd bring the Kindle Paperwhite on my trip to Thailand. After wandering the crowded streets of Bangkok, I found my way to the floating market on the Chao Phraya river and got lost in the Sonchai Jitpleecheep series.

Follow more journeys on Instagram @AMAZONKINDLE



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Cabin fever

Even those who hate pitching a tent need to commune with nature. Book a cabin in the woods to unwind and unplug.

By Peter Koch

A

A cabin isn't just a quiet place to escape, it's a state of mind. Close the door behind you and almost instantly you breathe more deeply, your pulse slows, and your sense of adventure is awakened. Cabins come in all shapes and sizes—cozy and rustic, plush and jaw-droppingly stunning—but are always set amid a landscape that makes you want to hike, climb, and explore. These places, some of the country's best, encourage outdoor exploits but also make the perfect base camp for cool fall nights.



Get rolling: At Washington's stylish yet super-affordable Rolling Hut cabins, explore the wilderness by day, relax by the woodstove at night.



RIVERSIDE CALM

Rolling Huts

(OPPOSITE PAGE)

WASHINGTON

■ Arranged in a small cluster along the Methow River, these designer one-room cabins (from \$135/night) look out on the ponderosa-studded North Cascades. All have woodstoves and wi-fi, as well as stylishly understated interiors featuring wilderness materials. "Rolling Huts" is a playful reference to the site's trailer-park zoning (hence the wheels on each cabin). The riverside plot is the perfect home base for fishing, biking, climbing, rafting, and skiing the Methow Valley wilderness.

REMTENESS: The Methow Valley is a 3.5-hour drive from Spokane.

BOOK IT: For warmer weather. In winter, when people flock to the area's world-class Nordic ski trails, they're tougher to book. rollinghuts.com

COWBOY CABINS

Dunton Hot Springs

COLORADO

■ A late-1800s Rocky Mountain mining town that by 1918 had become a crumbling ghost town, Dunton was restored in the 1990s and converted into a stunning mountain retreat. Today, 13 luxurious cabins (from \$600/night) dot the picture-perfect 187-acre property surrounded by southwest Colorado's San Juan Mountains, where biking, hiking, fly-fishing, rafting, kayaking—and, come winter, heli-skiing—adventures await. After a day out, enjoy a chef-prepped meal and soak in natural hot springs.

REMTENESS: Dunton is located 30 miles from Telluride—the last 11 of which are over rugged dirt roads.

BOOK IT: Whenever. If you've got the cash, most likely they've got a room. duntonhotsprings.com



Back to basics:

Clockwise from far left: Candlewood Cabins in Wisconsin is your window to the natural world; Glen Oaks sits beneath ancient California redwoods; Dunton Hot Springs is a former Rocky Mountain ghost town.

360-DEGREE VIEWS

Candlewood Cabins

WISCONSIN

■ Candlewood Cabins has intimate one-room cabins with 360-degree, floor-to-ceiling windows looking out on Wisconsin's woody Ocooch Mountains (from \$115/night). Commune with nature on the Wisconsin River, with its good trout fishing and lazy-river paddling, or enjoy some of the area's more urbane pleasures, like the bright lights and brewpubs of nearby Madison.

REMTENESS: The Glass House is an easy 90-minute drive from Madison's Dane County Regional Airport.

BOOK IT: Cross your fingers for a last-minute cancellation or put your name down for next summer. Or ask about the new Meadow House cabin, which offers a similar experience but is still a bit of a secret. candlewoodcabins.com



CANYON CAMPOUT

Phantom Ranch

ARIZONA

■ Everyone knows the Grand Canyon is big, but its true size is impossible to grasp till you're at its bottom. Phantom Ranch, set in a cottonwood grove near the Colorado River, is 4,500 feet below the canyon's touristy rim. The rustic cabins (from \$135/night), stocked and serviced by mule train, make a great base camp for day hikes fueled by hearty family-style meals of steak and stew.

REMTENESS: Once you hit the ranch's South Rim, it's still a half-day hike down steep canyon trails—and the return trip is even longer.

BOOK IT: Way ahead. Getting a reservation is almost as hard as the hike out, and the more people, the trickier. grandcanyonlodges.com

REDWOOD HIDEAWAY

Glen Oaks Big Sur

CALIFORNIA

■ The Big Sur Cabin at Glen Oaks is everything you want in a Central Coast hideout. Tucked into a redwood grove next to the Big Sur River, it feels intimate, upscale, rustic, remote, and—with 240,000 acres of hot-spring- and water-fall-studded Ventana Wilderness—accessible all at the same time. But the real clincher is the cabin's small courtyard, where you and your partner can soak sore muscles in a pair of fire-side claw-foot tubs. (\$450/night)

REMTENESS: Glen Oaks is a two-hour drive from the San Jose Airport and less than three from SFO.

BOOK IT: It's popular, so for high season book way ahead for two or more consecutive nights. glenoaksbigsur.com

QUIET CARIBBEAN

Bahia Honda State Park

FLORIDA

■ For the best waterfront lodging deal in all of the Florida Keys, head to Bahia Honda State Park, where a handful of basic cabins that sleep up to six people rent for just \$160 per night (\$120 off-season). The simple accommodations—no TV, no wi-fi, and no phones—take a backseat to the incredible nature surrounding them on the 524-acre island refuge. Hiking trails, white-sand beaches, and swimmable coral reefs are all on your doorstep.

REMTENESS: Bahia Honda is a 50-minute drive up from Key West International Airport.

BOOK IT: Pray for cancellations or stalk the reservation website for next year's stay in paradise. floridastateparks.org

HIKER'S BUNKHOUSE

Lakes of the Clouds Hut

NEW HAMPSHIRE

■ For more than a century, the Appalachian Mountain Club has maintained a European-style alpine hut system in New Hampshire's rugged White Mountains. At 5,050 feet, this is the highest, with one of the best front-porch views this side of the Mississippi. The coed dorms (from \$127/night) are pretty basic but come with delicious, stick-to-your-ribs meals to fuel challenging above-tree-line hikes to the surrounding Presidential peaks.

REMTENESS: It's a strenuous three- to four-hour hike to reach Lakes of the Clouds, ascending a minimum of 2,500 feet.

BOOK IT: Two months in advance. Most dates are snatched up at least that early. outdoors.org

DEEP WILDERNESS

Ultima Thule Lodge

ALASKA

■ Set in the 13-million-acre Wrangell-St. Elias National Park, these fly-in luxury cabins look out over the braided Chitina River and beyond to wild, unnamed mountains. Owner/bush pilot Paul Claus turns the world's largest protected wilderness into your personal playground by dropping you off daily for remote hikes, glacier walks, fly-fishing, climbing, or rafting. At night, chow down on grub that's been locally grown, fished, or hunted. (From \$7,700/person for four nights, all-inclusive)

REMTENESS: Ultima is 100-plus miles from the nearest road, so access is by bush plane only.

BOOK IT: At least four months ahead, as just 12 guests can stay at a time. ultimathulelodge.com

Featuring noise reduction and live streaming, Sony's 4-ounce shooter has all the high tech a fun hog could want.



**PRO-QUALITY
SOUND**

Sony 4K Action Cam

■ With a compact, splash-proof body, built-in image stabilization, and the ability to livestream your adventures via Ustream, this action cam has some of the most advanced features out there. One thing we were really impressed with was its noise-reduction capabilities—don't worry about all that wind, engine roar, or whitewater rush—this cam has a built-in mic with "wind reduction" to capture the whoops and hollers you want.

\$500, store.sony.com

Action heroes

GoPro isn't the only game in town—action cams have gotten smaller, tougher, and more sophisticated. Start capturing every thrilling minute of your adventures.

By Ben Radding
Photographs by Levi Brown



**LAZER
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By Daniel Steiger

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Timepieces International brings you the incredible **Daniel Steiger Lazer Blue Watch**. In our opinion, the best looking hybrid watch on sale! What's so incredible about the Daniel Steiger Lazer Blue? As well as having an ultra modern look and style, this amazing watch is packed full of features and functions and is available in 18k Yellow Gold fused two-tone or classic steel colored version. This fantastic watch features a metal case structure, digital format windows showing 24hr, days of the week, seconds with an easily accessible alarm system. This incredible watch is robust enough for those always on the move, and yet made with comfort in mind with a modern sporty look. But perhaps the most stunningly cool feature of this astonishing timepiece is its lense. The Lazer Blue Crystal gives this magnificent watch a truly unique look. Integrated into the crystal itself the Blue Lazer coloring takes the look of this watch to another level. The level of **AWESOME!** What else is awesome about this fantastic watch? Quite simply its price. At an incredible **\$99** (plus shipping and handling). This is a unique buying opportunity not to be missed! **Limited stock available.**



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1



2



Get muddy.
Attach the Panasonic A500 for an eye-level view of an adventure race, with no annoying camera sticking out at the top of your head.

1

WAVEMASTER GoPro HERO4 Black

■ Despite the hype around the cubical HERO4 Session, we still favor GoPro's water-proof (up to 131 feet submerged) HERO4 Black camera for its superior video quality. Catch every detail of a wave with the latest 4K video recording—four times the resolution of 1080p—and test the limits of GoPro's SuperView, the best wide-angle perspective in action cams.

\$500, shop.gopro.com

2

ADVENTURE- RACE READY Panasonic A500

■ This water- and dust-proof model attaches to your head at eye level (key for reducing height when you're crawling under barbed wire) and has a built-in LCD screen that you can attach to your arm to view the hell you just went through. Wireless NFC sharing lets you put your video on your smartphone or tablet with just a touch.

\$400, shop.panasonic.com

3

BEST FOR MOUNTAIN BIKING Garmin VIRB XE

■ Document your favorite downhill with this cam featuring built-in sensors that read GPS, orientation, and accelerometer data to measure speed and acceleration, and shoot it all in stunning hi-res. Connect to your phone to get stats such as heart rate from a fitness tracker, and put it all together with a free desktop editing app.

\$400, buy.garmin.com

3



Make Your Own Action Film: A Crash Course

Max Santeusano, cinematographer at L.A.-based action-film-production company Camp4 Collective, shares his secrets for shooting like a pro

1) Keep the camera low.

"Whether mounting an action cam to a human, ski, car, or mountain bike, the closer you mount it to the ground, the faster the moving object will appear to be traveling. Your footage will look much more intense."

2) Find a creative POV.

"Many people only mount the camera to their own body. Put an action cam on anything that moves—on the fork of your mountain bike, on the tip of your ski, on a conveyor belt, on a soccer ball, on your dog."

3) Press the mute button.

"Whenever action-cam edits are posted online, the creator often leaves the sound in the final video. But the waterproof/shockproof housings for these cameras severely diminish the sound quality and create very tinny, muffled audio. Do everyone on the Internet a favor and leave the sound off in the final edit. Or, better yet, add music."

Prop styling by Angela Campos/Stockland Marrel



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Clean up (online) and get a job

Applying for a great new job? Employers and HR folks *will* look you up online. So make sure your Web persona is squeaky clean and polished—and win the battle to get hired.

d

Drunken party pics on your Facebook page. Idiotic tweets. A half-assed LinkedIn profile you asked your nephew to put together between bar gigs. A night in the slammer for letting a goat loose in the gym on Senior Day. None of these look good to prospective bosses—and, trust me, they *will* look you up online. ¶ Believe it or not, 75% of recruiters are required (required!) to research a prospect on the Web; what's more, 70% of employers have nixed recruits based on what they've found there, a survey by cyber-reputation management company Reppler found. ¶ To stand out from the crowd—in only the best ways—and get the job you want, here's how to dress up and clean up the online you.

Firsts first: Look great on LinkedIn

No two ways about it: LinkedIn profiles have replaced the traditional résumé. Last year, 93% of recruiters said they check social profiles before making a hiring decision, according to a survey by online HR resource Jobvite. The site they used the most? LinkedIn, to check candidates' experience and skills as well as less-tangible metrics like how well they write or whether they'll be a good fit for the company.

So to really shine, you need to make your LI page as strong as possible, with an impressive summary of your experience, a flattering, appropriate photo, and detailed descriptions of at least your past two positions. But you'll need to go way beyond the obvious stuff. To wit:

■ In your headline and job history, embed the most industry keywords you can—LinkedIn filters its searches so profiles with the most relevant terms jump to the top. For instance, for a headline: "Fundraising consultant who helps major nonprofits raise more money. Clients include the Red Cross" (from an LI post by recruiter Pete Liebman). Throw in keywords relevant to your industry into your job history (like "SEO" for Web search).



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■ Create a vanity URL for your profile, so instead of *linkedin.com/in/172177*, you're *linkedin.com/in/marioarmstrong*. This puts your profile higher in Google's search results. (The Help Center has how-tos.)

■ Add enticing extras—like multimedia content—to your profile. If you're a designer, say, turn your page into a portfolio highlighting your best work by uploading JPEG files into your profile.

■ Get endorsements! Nothing makes your profile pop more than getting folks you've worked with to sing your praises.

■ Join LinkedIn discussion groups and participate to grab members' attention—one could be looking for talent.

■ Sign up for LinkedIn Premium, starting at \$30 a month, which gives you killer advantages such as the ability to contact industry higher-ups or contacts who could give you a hand, so you can get advice or ask to grab a cup of coffee and talk about the field. (Free LinkedIn users can send InMail direct messages only to people they're connected to.) Premium also lets you create "Relationship" tabs when you view a profile, so you can make notes, set reminders to reach out, and build a tag system to organize present and future connections.

Put on your best (public) face

Unless you're stuck with a supgeneric name like Tom Smith (in which case, skip this part because they'll never find you), take the time to brand your online image.

First, attach a face to the name. Just like the first picture on your Tinder profile, your social media photo will shape first impressions of you, so choose carefully. Get a good shot of yourself dressed correctly for your profession—how formal you go depends on the culture you want to be part of. For finance, it's a suit; for gigs in media or start-ups, something more casual (but not ridiculously so) will be fine.

On that note: Companies want happy employees, so smile—at least a little. In a study by neuroscientist Andrew Newberg, M.D., in which subjects rated the emotional content of symbols they were shown, the one rated highest in positive emotional content was the smiley face.

Survey says...! Clean up your act

Once you have a great pic, use it to update your profile image all across the Web—WordPress, Blogger, every account tied to

Three-fourths of recruiters are required to look up a hiring prospect online.

your name—to make sure employers see the best you in their search results.

Now, for your posts. Jobvite's survey unearthed some other employer-related nuggets. The good news: Candidates who posted about doing volunteer work or donating to charity were more likely to be considered for a job, so talk up your good deeds on social. And more than 60% of hirers didn't care about political posts, so you're probably cool there. (Though 17% *did* mind them, so if you've posted pics waving the Confederate flag, heads up.)

Profanity, poor spelling or grammar, and mentions of drugs, sex, guns, and alcohol all made a hire less likely. So spell-check all your social profiles and bios and edit them line by line for other typos. (Reading through them backward is also a guaranteed glitch-catcher.) For questionable subject matter, though, you may have to take more drastic action. Like deletion.

Trash those old tweets

Take Ethan Czahor, who was Jeb Bush's chief technology officer. For a 36-hour window earlier this year, the 31-year-old's career came crashing down when reporters unearthed a cache of homophobic and sexist tweets from as far back as '09. Oops.

With HR departments getting more and more tech savvy, the same thing could happen to you, so cleaning is in order. Instead of relying on Twitter's own janky Web-search feature to find your embarrassing tweets, I'd vote for declaring old-tweet bankruptcy and doing a one-shot deletion of all tweets older than, say, a few months. Sites like TweetDelete can also help you do it in just a few clicks.

Tame your Facebook

You know by now that all the crazy frat-party photos need to go, so I won't bore you with the basics of sanitizing your profile. But a few great tips can keep prying HR eyes from seeing your FB blunders.

To start, bolt the doors: Only friends should be able to see your page, so adjust "who can see my posts" in the privacy settings. You can even turn off the "let search engines link to your timeline" option so that you're harder to find in the first place.

Finally, if an employer tries to friend you or asks for your FB username and password—Maryland's Department of Corrections used to do just that, till the state made it illegal; and last year an Emory University junior told *USA Today* he'd been asked for his username/password multiple times when applying for marketing and management internships—I suggest you ignore the request (if it's online) or politely say no. Many states now have laws banning this type of invasiveness, so do some research if it happens to you.

Bottom line: Sure, saying no could lose you the gig, but do you want to work for a joint that goes to that level of Big Brother?

Beautify your own site

If you want employers to see you in positive Google results when they search your name, get yourself to the top of the rankings by creating a strong Web presence.

First, buy your own name as a domain name. Namecheap (*namecheap.com*) gives you a dot-com in your name, plus a free year of WhoisGuard to keep your e-mail address and phone number offline.

Next, build the site. This doesn't have to be painful—with tools like Squarespace and Wix, you can whip up a good one in a few hours. Unless you have a huge portfolio or client list, go simple: Include a strong headline saying who you are/what you do, a bio highlighting your experience/accomplishments, and a few of your best work samples. Or, simpler, create just a landing page—I like Flavors (*flavors.me*)—with basic info and social links.


Last, put the URL into your "website" on LinkedIn and at the bottom of your Twitter bio to speed it into Google's algorithms.

Erase a negative rep

If a drunken mistake made it into the papers or an evil ex is trying to tarnish your name—all of which could pop up in a Google search—you'll need the big guns. Namely, online-reputation management.

Reputation.com is the industry leader; its top service, ReputationDefender, which starts at \$3,000, will create several sites and dozens of posts to highlight your positives and banish the dirty laundry to Google's back pages. It's not cheap, but it's worth it if you've got that amount of dirt. ■

Mario Armstrong, a digital lifestyle expert, appears regularly on NBC's Today and CNN.



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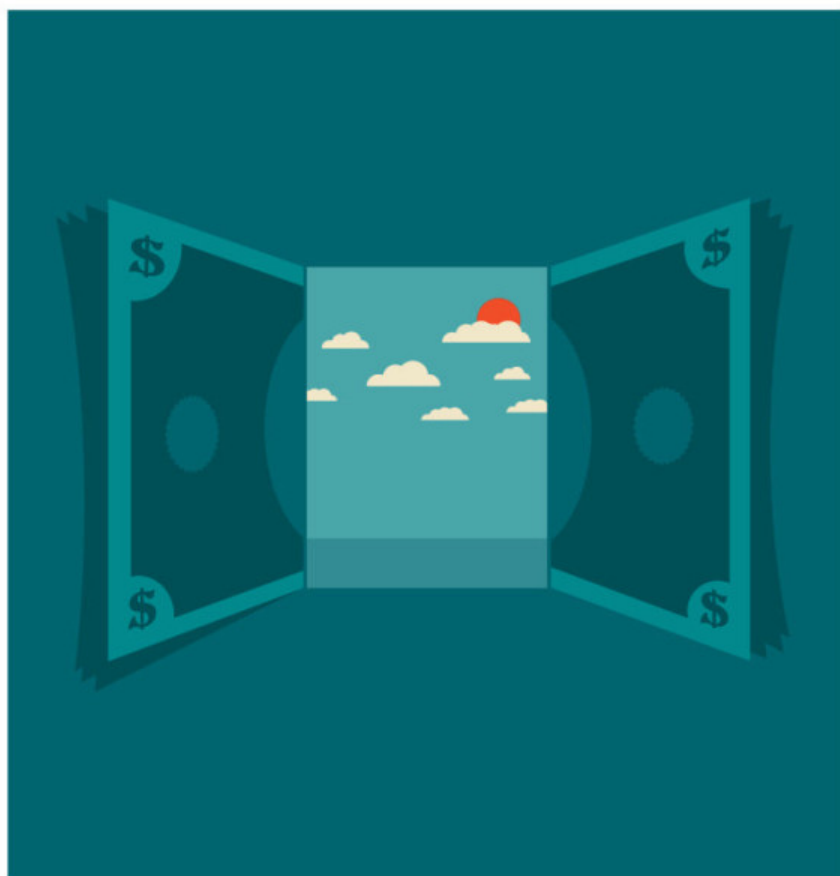


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Your window to wealth

Everything you need to know to open your very own brokerage account—including why you need to do it

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THERE ARE A FEW THINGS EVERY MAN NEEDS.

A suit that fits perfectly. A celebratory toast you can adapt to any occasion. A good pair of sunglasses. And a brokerage account.

If that last one sounds jarring, read on. For starters, a brokerage account is simply a portal for buying stocks, bonds, mutual funds, and other investments. But with interest rates near all-time lows and stocks near all-time highs, there has never been a better time to get your own slice of the capitalist pie. (And let's face it: Your new interface with Wall Street will boost your wealth and make far better use of your screen time than

Call of Duty ever will.) But there is one caveat: A brokerage account is of little use if you're broke. So I'm hoping that when you subtract your annual expenses from your income, you get at least a four-digit number. If nothing else, maybe the

Right now you can build a portfolio that includes most of the stocks in the world—for less than your grandpa paid for a few shares of GM.

occasional bonus or extra commission rolls in? A check from your great aunt? Before it gets sucked into the how-much-did-I-spend-last-night? slush fund, divert that extra cash into your new account. By making sensible investments in stocks, bonds, and other assets, you can build your savings over time in a way that's not possible at a traditional bank.

Let's say you park your cash in a bank savings account. You will literally lose money over time, thanks to inflation. Savings accounts are paying the lowest levels of interest in our lifetime: The national average is 0.09%, which is the mathematical equivalent of "nothing." Put \$1,000 in the bank at that rate, wait 20 years, and you'll earn \$18—which by then won't even be enough to buy a Big Mac and fries.

A brokerage account, meanwhile, is like a 401(k) but better: You can invest the money however you want and take it out whenever you want, and you'll pay taxes when you sell for a gain (and take a deduction when you sell for a loss). But there's no company matching, so make sure you fund your work account first to get that free money.

And the mere act of opening a brokerage account will likely make you richer. The reason why is simple: If you have the account, you'll fund it. And once you've attached the mental label of "investment" to that cash, you'll be less likely to spend it. In a world with endless tricks for separating you from your Benjamins, this is a great way to pay yourself first. After all, we're accustomed to funding our daily lives with our bank account, but dipping into investments requires extra steps, and that's a good thing. After all, how many times have you regretted *not* making a purchase?

With that in mind, here's your step-by-step guide to becoming the next Warren Buffett:

CREATE YOUR DREAM JOB.

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You have to start somewhere—so do it

Once you've got your money set aside, where do you begin? Well, the same firm that handles your retirement account at the office probably offers a brokerage account—Fidelity, Schwab, and Vanguard are all good options. I'm partial to Fidelity's website, which is easy to navigate yet has lots of in-depth information, from detailed accounting of your returns to wonky-stock research.

There are dozens of notable smaller outfits, too, like Kapitall, which lets you trade pretend money for practice. In fact, I recommend you use *only* pretend money when trading stocks—think of it as *Call of Duty* for grown-ups—because when real cash is on the line, you're better off sticking with low-cost index funds that you hold for the long term. That way, you can build a portfolio of most of the stocks in the world for less than your grandfather would have paid to trade a few shares of General Motors. More on that below.

Keep your brokerage account separate from your banking account

Or, better yet, streamline all your money matters by dumping your bank and just keeping all your cash at the brokerage. Schwab and Fidelity, for example, offer no-fee banking, refund ATM fees from any bank machine, and allow you to write checks and pay bills online. And Fidelity offers a credit card that will refund up to 2% of purchases into your brokerage account. This way you'll need only one password and your whole financial picture fits in one frame. Transferring money is a breeze, enabling you to invest in (slightly) higher-paying funds until you need the money.

Understand the profound importance of diversifying your investments

Let's make one thing clear: Unlike an FDIC-insured bank account, investments in stocks and bonds can decline in value. So I'm not suggesting you throw money into stocks blindly, assuming that the bull market of the past seven years will charge on indefinitely. But since a bank savings account is a guaranteed way to lose purchasing power slowly over time, it makes sense to diversify into investments that, historically, have yielded much higher

Be the smartest (money) guy in the room

Expert personal finance advice from Jack Otter—free of charge!

Decline...

■ Renting a car for an end-of-summer trip? Don't pay extra for insurance, as your personal auto-insurance policy almost certainly covers you. Also, most credit cards provide coverage as long as you use them to charge the full rental.

Ditch...

■ We know—midsummer, grill envy snuck up on you. But it's a good thing you waited till now to get rid of your old Smokey Joe. Grill prices fall anywhere from 30 to 40% in late August and early September—so this is the time to upgrade.

Depart...

■ When the kids go back to school, the price of many resort destinations plummets. And a romantic getaway will include a lot more romance without a bunch of screaming kids running around. So book your tickets after Labor Day.

end bond funds, which borrow money to boost returns and right now are selling at an unusually high discount to the underlying holdings. History suggests that the discount will eventually shrink, benefiting those who bought cheap.

Just in case I haven't been 100% clear, let me just say it

Stock trading is a loser's game. Piles of academic research show that buy-and-hold indexers outperform most other market participants. Maybe the best endorsement comes from Warren Buffett, who recommended that 90% of his wife's inheritance be invested in a simple index of U.S. stocks.

That said, yielding to little temptations is sometimes the best way to keep yourself on the right path. So if you can't resist chasing that hot stock tip, go ahead—just don't commit more than a small percentage of your portfolio. If it doesn't pan out, your losses will be manageable. And if it does, enjoy your gains. Just don't mistake luck for skill.

Take the master class

A lot of guys thought they were geniuses when they were doubling their money every year in tech stocks in the late '90s. Investing was easy—until it wasn't, and they got wiped out. So if you do get bitten by the investing bug, put in the training

time before you put your money at risk. The best book ever written on investing is *The Intelligent Investor*, by Benjamin Graham, who was Buffett's mentor. Buy the edition

edited by *Wall Street Journal* columnist Jason Zweig; if you study hard enough and learn to rein in your emotions, you may just be able to outsmart Wall Street. If mastering Graham's approach to investing is too daunting, however, stick to index funds. You'll still come out ahead of most investors—and you'll have a lot more free time. ■

Stock trading is a loser's game. If it does work out, don't mistake luck for skill.

returns over the long term. (Even investors who had the horrible timing to buy U.S. stocks the day they peaked before the Great Recession have recouped all their losses and earned another 60%.)

For starters, don't buy stocks with money you might need in the next few years. And, as previously stated, choose low-cost index funds that hold the entire market. For example, the Vanguard Total Stock Market Index fund will give you exposure to virtually all the stocks in the U.S. You'll also want to own foreign stocks, which have not rebounded as dramatically from the financial crisis as domestic shares but might do better over the coming years.

Traditionally, bonds have served as the income producers and shock absorbers for investors. But with rates at all-time lows, the income is measly, the shock absorption is a bit thin, and the possibility of losses seems high. Still, financial adviser Gary Schatsky recommends investing in the Vanguard Short-Term Investment-Grade Fund, which is paying around 1.7% and should not get hit too hard if rates rise. And if you're a resident of a high-tax city or state, you might also consider a municipal-bond fund, as the interest on in-state bonds is tax-free—the higher your taxes, the bigger the benefit.

Finally, to take another step out on the exotic-investment curve, consider closed-

Jack Otter is the author of Worth It...Not Worth It? Simple & Profitable Answers to Life's Tough Financial Questions.



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Book it right

Three expert tactics for never forking over even a dime more than you have to for a room

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“How the hell *do* I book a hotel room these days?” ¶ It seemed like such a simple question my buddy was asking me, yet he couldn’t believe he didn’t know the answer. He’d been trying to book a room for a wedding at the last minute. The wedding party’s discount rates at a four-star hotel were long gone, and now he was scrolling through the pricier less-than-four-star places and getting angrier by the minute. Should he book through Expedia, Orbitz, Kayak, or even Trivago (yeah, the one with *that* guy)? That’s when I realized: Man, has the “simplest” part of Travel 101—booking your lodging—gotten complicated lately. For good or bad, the ever-increasing onslaught of auction sites, online discounts, travel apps, and, the latest trend, money-back sites like Tingo and DreamCheaper has created a bewildering world of choices.



When going boutique, like at the Ace Hotel in Portland, OR, aim for weekdays, not weekends.

So I told my buddy: No, the sites he reeled off—Expedia, Orbitz, Kayak, etc.—should never be used to book a hotel room. Here’s why: These “OTAs,” or online travel agencies, operate by undercutting the “rack rate,” the official price displayed on hotels’ home pages, by buying up rooms in bulk at a discount, then selling them to regular travelers like you and me at slightly lower-than-rack-rate prices.

And while that may seem like a deal, the truth is, you can do a lot better. In fact, the wise traveler knows to always aim for a rate that’s not just *less* than the OTA rack rate but *at least 25% less*.

When I told my friend, he was relieved but wary. “Two things are not going to happen,” he said. “I will not get ripped off, and I will not stay at a Holiday Inn Express. OK, so what do I do?”

That’s easy. Here’s the game plan:

TACTIC NO. 1

Use the front-door charm offensive

The only person who can truly influence a hotel rate in any meaningful way is the person manning the front desk, so your first order of business is to call the hotel directly. According to Jacob Tomskey, a former front-desk clerk and author of the hilarious service-industry tell-all *Heads in Beds*, here’s the right approach:

Check the OTAs for the ballpark rate, then call your hotel of preference directly. Avoid peak times—11 a.m. checkout, 3 p.m. check-in—when the staff is superbusy. In fact, it’s best to aim for later in the evening, when the duty manager, the highest-ranking onsite decisionmaker, will have time to chat.

Introduce yourself and explain when

Jeremy Peilev

by Mark Ellwood



you'd like to stay, as well as the rate you've found on an OTA. Most staffers, Tomskey promises, will respond well to a polite, if persistent, would-be guest.

"We find someone who's trying to get the best deal more endearing than a guy with a Black Amex, because we can't afford those rooms ourselves," he says. "Trying to book cheaply puts you on the staffer's side." And even if you get a cheap rate over the phone, keep hustling at check-in by sliding a small gratuity over with your credit card. "It's an act of kindness—even five bucks puts you above everyone behind you," Tomskey says.

At the desk, ask about rates once again. They may be able to offer you a last-minute deal, upgrade you gratis, or throw in some extras. Tomskey himself regularly canceled guests' first reservations on the spot, then rebooked them at the new rate, which takes only 30 minutes or so to appear in most computerized reservation systems. "I tell them: 'Go to the lounge, get a soda, and as soon as it drops in, I'll check you in,'" he says.

TACTIC NO. 2 Hit the auction block

Sometimes there are dirt-cheap rates hiding in plain sight—you just need to know where to look.

Take Kimpton, one of the better boutique hotel chains: If you join its loyalty program, Kimpton Karma (it's free), you can book one of the deeply discounted "last-minute" rooms offered right on its home page under "Last Minute Deals." Or try HotelTonight, an app that offers bargain rates up to seven days in advance on a cadre of cool hotels.

If you still haven't found a deal, head over to the "auction" sites—Hotwire and Priceline—which introduced eBay-style deals to travel but come with one unfortunate drawback: Though the deals can be amazing, you don't know details about your room or even your hotel till you've paid up in full, up front.

But you can dig them up. According to travel blogger "Johnny Jet" (real name: Johnny DiScala), once you've found listings for the destination and dates you want on Priceline—the better auction site, he says—head over to the message boards at *biddingfortravel.com*. "It's where Priceline users share their secrets about what they booked—what city,

Never call a hotel during peak hours. Aim for late in the day and ask for the "duty manager."

what hotel, and how much they paid," he says. "So you can pretty much figure out what hotel you're getting from that."

DiScala also recommends bidding on boutique hotels only for midweek travel—they tend to be full on weekends, as they cater to vacationers. For a weekend, try low-balling big-chain properties like Marriott, which are filled with corporate travelers during the week but otherwise see lighter traffic.

TACTIC NO. 3 Let your computer work for you

The shortest of shortcuts to a cheaper room is through Tingo or Dream-Cheaper, the new money-back apps that work as insurance against price drops with a simple premise: You book and agree to pay a rate, while they promise to keep checking for even lower rates, then rebook you and refund the difference. Just make sure you initially book a rate marked "refundable."

On Tingo specifically, all bookings have to go through the portal on its home page, so you'll pay the full price up front rather than at checkout. Then if anyone, anywhere books the same room for the same night for a cheaper price, it will automatically refund the difference. Tingo claims that around 20% of travelers receive money back, with rebates averaging \$50.

Its rival, the German start-up Dream-Cheaper, promises savings of up to 15% if you book a refundable room on a hotel's site and forward the confirmation to *hotel@dreamcheaper.com*. The firm built a proprietary algorithm that monitors fluctuating rates and automatically rebooks you—as many times as possible up to the day before check-in—if a cheaper price appears.

In the end, my buddy got a room at a four-star hotel after all, through Tingo. He paid 8% more than the wedding rate—but that was still less than everyone else. ■

Mark Ellwood is the author of *Bargain Fever: How to Shop in a Discounted World*.

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Choose your adventure

Conquer California!

The Golden State holds just about any challenge you could ask for — mountains to climb, waves to surf, coastal roads to ride. Here are 25 of the best adrenaline-pumping, eye-popping sweat fests to add to any fitness bucket list, all shot on an LG G4 smartphone with a 16-megapixel camera.

By Will Cockrell Photographs by Kyle Alexander



The cliffs of Big Sur
For the best multiday road biking in California, pedal up Highway 1 from Los Angeles to San Francisco.

Helmet and bike: GIANT
Shoes, jacket, and pedals: SHIMANO
Shorts: MISSION
Want it? See page 145.

Make some waves

Surf Malibu

Malibu's Surfrider Beach has been hopping with longboarders since the Beach Boys ruled the charts and Gidget was a superstar. But the place isn't all Hollywood hype: The famously long and friendly "right" (surfer slang for a wave that, well, goes right) is one of the most fun waves in the world—and great for beginners, since it's often a notch smaller than surrounding breaks.

DO IT: Rent a board from the Malibu Surf Shack (malibusurfshack.com) on Pacific Coast Highway, and join the lineup closest to the Malibu pier for a mellower swell.



Clothing:
O'NEILL

Pound the pavement Tackle the Santa Monica Stairs

■ You gotta love a lung-busting cardio blast that ends with a plunge in the ocean. A favorite among L.A. locals, the tree-lined network of stairs in Santa Monica Canyon encompasses nearly 300 total steps, for an almost 250-foot vertical climb. Finish up with Ocean Way, which leads right to the beach.

DO IT: A brutal 10-minute loop takes you up the steep 189 concrete stairs from Entrada to Adelaide, then down the more gradual stairs as you return to Entrada.

Scale the walls Learn the Ropes in Joshua Tree

■ "J Tree" is one of the most famous climbing destinations in the world: The mini mounts of tactile granite rise from the desert like the greatest jungle gyms on earth. While it's easy to scramble up many rocks in the park without a rope, to scale one of the 8,000 designated climbing routes, you'll need gear and a guide.

DO IT: Take a course with Joshua Tree Rock Climbing School then spend the night at Hidden Valley campground.

Follow the river Cool Off at a Desert Waterfall in Palm Springs

■ Lazing poolside, listening to Sinatra, it's easy to forget that Palm Springs is surrounded by dramatic high-desert scenery, including the 10,834-foot Mount San Jacinto, with scenic hikes like the three-mile Murray Canyon Trail along a palm-lined stream to the Seven Sisters Waterfall.

DO IT: Parking is at the end of South Palm Canyon Drive. June to September, be ready for extreme (100° plus) heat.

Run the trails Sprint to the Top of Mount Baldy

■ Every Labor Day, about 650 Angelinos attack the 10,064-foot Mount Baldy for the Run-to-the-Top race. But you can scale it at your own pace any other weekend. We recommend the fire road, a rocky singletrack climbing 4,000 feet through lodgepole pines before rising above treeline. At the top, expect a jaw-dropping view all the way to the Pacific.

DO IT: To compete, visit run2top.com; on your own, avoid Baldy in winter, when it's snowy and more treacherous.

Hike the hills Get Up Close to the Hollywood Sign

■ Views from the top of Mount Lee, home of the Hollywood sign, are great, but they're not of the sign itself. For that photo op, hit the Innsdale Drive fire road above the Hollywood reservoir, which passes below the 45-foot-tall, 92-year-old landmark.

DO IT: Turn this 3.5-mile hike into a TMZ tour starting in Beachwood Canyon, where the streets and trails pass Moby's former castle and Madonna's old villa, to Lake Hollywood.

Carving concrete.

The Venice Beach boardwalk, the hippest route to Muscle Beach and one of the world's best skate parks.



Hat: POLER
Tank: GROCERIES
Pants: LEVI'S
Shoes: VANS

Zip along Venice Beach, home of the most famous boardwalk in the world.

Skate or die

Shred Venice

■ Just as it was 40 years ago, the Venice Beach boardwalk is still a spectacular freak show of Dogtown skate rats, head shops, artists, and musicians. Running about a mile and a half long, from Marina Del Rey to Santa Monica, it passes the famous skate park and Muscle Beach. The best way to see it all? Carve your way along it on a longboard.

DO IT: Rent a board from any one of the beachside kiosks at the Venice Pier, then cruise until you hit Rose Avenue. Finish it all off with a pint at the Venice Ale House.

Powder up Drop 20,000 Vertical in a Day

■ To ski this distance in one day, you're talking around 15 quad-burning runs. To begin, hit up Lake Tahoe's Squaw Valley, with its 29 lifts and 3,600 skiable acres. At Squaw, a single top-to-bottom run will earn you nearly 3,000 feet, and shorter world-famous lines like KT-22 and Headwall are sure to keep things interesting.

DO IT: Hit Squaw mid-week so you can zip through lift lines. Map your day ahead of time at squawalpine.com.

Paddle hard Kayak Emerald Bay in Lake Tahoe

■ Of Lake Tahoe's 72 miles of shoreline, no section is more stunning than the sandy beaches and rock outcrops of Emerald Bay, where the lake's crystal-clear water has a near-tropical hue. Fish off the back of your boat, hit Fannette Island, and spend the day navigating its six miles of shore.

DO IT: Launch at D.L. Bliss State Park, a couple miles north. Or, park at the lookout, hike down, and snag a rental on the bay itself.

Get an altitude adjustment

Hike Big Sur

The waterfall that drops from the cliffs of Julia Pfeiffer Burns State Park and right into the Pacific Ocean is probably one of the most photographed landmarks in all of California. But instead of doing what the masses do and hiking the 10-minute trail for a photo, tack it onto the end of the much more challenging Ewoldsen Trail, a 4.5-mile loop that runs through dense redwoods and along the creek that feeds the falls before switchbacking its way up to an incredible lookout.

DO IT: Start at the same parking lot as the trail to the falls, and follow signs for the Ewoldsen/Canyon Trails.



Shirt: BRIXTON
Backpack: POLER
Jeans: LEVI'S

Breakout of prison Swim from Alcatraz

At a mile and a half, this challenging open-water swim is the most famous leg of the iconic Escape from Alcatraz Triathlon. But, with choppy 55° water, it's a formidable swimming challenge in its own right, you'll find, as you fight your way to shore with the Golden Gate Bridge above you.

DO IT: Hitting this swim at slack tide is key, so currents don't drag you out to sea or into the bay. A wet suit is also a must, as is a support boat to haul you out of the water in case of an emergency.

Paddle for baseballs Catch a Fly Ball from Your Kayak

AT&T Park, home of last year's World Series-winning Giants, sits right on San Francisco Bay—kayakers congregate just beyond its southern wall in hopes of catching home run shots that splash into the water.

DO IT: Rent from City Kayak, a 15-minute paddle from the ball park. Go to Ferry Plaza Farmers Market and tie up for fresh oysters, then paddle out for first pitch.

Pumpsome iron Lift Like Arnold at Muscle Beach

Welcome to the original meathead paradise. Now located in Venice, it dates to the 1930s when it began as a small platform on the beach in Santa Monica. Now a bit rusty around the edges, the pit, as it's known, is where Schwarzenegger and his buddies pumped and posed.

DO IT: Muscle Beach Venice sits below a giant concrete barbell where 18th Avenue hits the beach. Buy a \$10 day pass from nearby Muscle Beach Gym.

Scale a monster Hike Half Dome

Few of the country's natural wonders are as iconic as Yosemite's most famous granite monolith, Half Dome, with its sheer 2,000-foot face on one side and just-hikeable slope on the other. And when we say "just hikeable," we're not kidding: The bracing 4,800-foot, eight-mile trek is 10 hours round-trip. But with unforgettable views of Yosemite's roaring waterfalls and jagged peaks, it's worth every second.

DO IT: Just 300 of the elusive permits are issued a day; enter the lottery at recreation.gov.

Climb in the saddle Survive S.F.'s Seven Hell Hills

With grades as steep as 30%, this 30-mile climb kicks off with a hike up San Francisco's highest spot, Telegraph Hill. But catch your breath—things are about to get real: If Russian Hill and Nob Hill (so steep they have steps for pedestrians) don't bring your lunch back up, Divisadero, one of the city's steepest streets, surely will.

DO IT: Join an organized ride at SF Bike Coalition (sfbike.org).

Kick up some dirt Off-road on Mount Tam

Marin County's Mount Tamalpais has been ground zero for mountain biking ever since the mid-'70s, when guys like Gary Fisher and Joe Breeze were just mutton-chopped, bike-loving hippies. Today you can rent a bike with state-of-the-art dual suspension rockets and follow in their tire tracks.

DO IT: Visit Sunshine Bicycle Center in Fairfax for a rental, then bomb the famous Repack downhill.

Discover a volcano**Summit Mount Shasta**

■ Rising 14,180 feet above sea level, Shasta is one of California's great mountaineering trophies. A guide is a must; and though the intimidation factor seems high—the volcano, covered in hulking glaciers, towers above the land around it—the summit can be achieved by just about anyone, in two long days and with only a basic grasp of crampon and ice-axe skills.

DO IT: Hire a guide at Shasta Mountain Guides, reserve gear at the Fifth Season—and start that cardio!

Head into the wild**Backpack the PCT**

■ The Pacific Crest Trail, running 2,650 miles from Mexico to Canada, has stunning bite-size sections that can be tackled in as few as three days. It doesn't get more classic than the John Muir Trail through Yosemite, which passes below a dramatic spine of 14,000-foot peaks.

DO IT: It's three days from Yosemite Valley to Tuolumne Meadows, where you'll find resupply shops. For a permit, visit pcta.org.

Fire up your legs**Test Yourself on Malibu's Tri-ride**

■ On this 20-mile stretch of Pacific Coast Highway often used for triathlons, you forget you're in one of the country's biggest cities. Beaches like El Pescador are rugged and wild, and cliffs fall away from the road and plunge hundreds of feet down to crashing surf.

DO IT: The route: Highway 1 from Zuma to point Mugu State Park State Park. Break up the 40-mile round-trip with a fish feast at famed Neptune's Net.

Go underground**Explore an Abandoned Gold Mine in Joshua Tree**

■ Desert Queen Mine is one of the state's best-preserved gold-rush relics—but you have to hike to get to it. The two-mile trail through the 120-year-old complex, with its deep shafts, rusting machinery, and crumbling buildings, drops 150 feet into a ravine; climbs up the other side through mine remnants; then ends with expansive views over the park.

DO IT: Park at the Pine City trailhead; stay home when the weather's hot.

Get Olympic strong**Lift at Mike's Mecca**

■ Mike Burgener is a world-class Olympic weightlifter and trainer, and his home gym is a hub for CrossFitters worldwide (the "Burgener Warmup" is a staple). Set in the hills of Bonsall, Mike's Gym is basically a souped-up garage. It used to be private, but on occasion he now opens it up to the public and welcomes serious devotees.

DO IT: To visit, get in touch with His Burgener-ness (mikesgym.org).

Makesome wake**Do Stand-up on Mission Bay**

■ The calm, pristine waters of San Diego's inland waterway are the perfect place to learn how to stand-up paddleboard. Just a few minutes from downtown San Diego, Mission Bay Park has 27 miles of shoreline, much of which is sandy beach—meaning, perfect for a picnic or a quick, cooling dip.

DO IT: Find SUP lessons/board rentals at the Mission Bay Aquatic Center (Santa Clara Point, south end).

Saddle up.

For the road trip of a lifetime, pedal the gorgeous and breathtaking (and we mean that literally) Highway 1.



Cali means peerless surf, kick-ass roads, and more than enough volcanoes.

Test your legs**Run the Dipsea**

■ The 105-year-old Dipsea Race, which extends from Mill Valley to Stinson Beach, is the oldest organized trail run in the world. But to hit the demanding seven-mile route—home to the infamous "Cardiac" and "Insult Hill" trails—you don't need to enter the June event. It's open to the public year-round.

DO IT: To snag one of the 1,500 spots in the official race, get your application in by April 1. For course details, visit dipsea.org.

**Ride the cliffs**

Get high on Pacific Coast Highway

■ The best sections of San Francisco-to-L.A.'s Highway 1, also known as the PCH, can be ridden in as few—or as many—days as you'd like. While en route, fuel up at foodie havens like Deetjen's and Big Sur Bakery, watch colonies of elephant seals basking on the rocks, and soak sore muscles at the famed Esalen hot springs.

DO IT: For the best of the PCH, start where the road rejoins the coastal cliffs after Big Sur, heading south. An easy one-day stretch starts at luxe hotel Post Ranch Inn, whose bar has the best views in the state, and ends 12 miles later at the Esalen Institute. If you're up for a tougher second leg, ride from Esalen to the spectacular Hearst Castle.

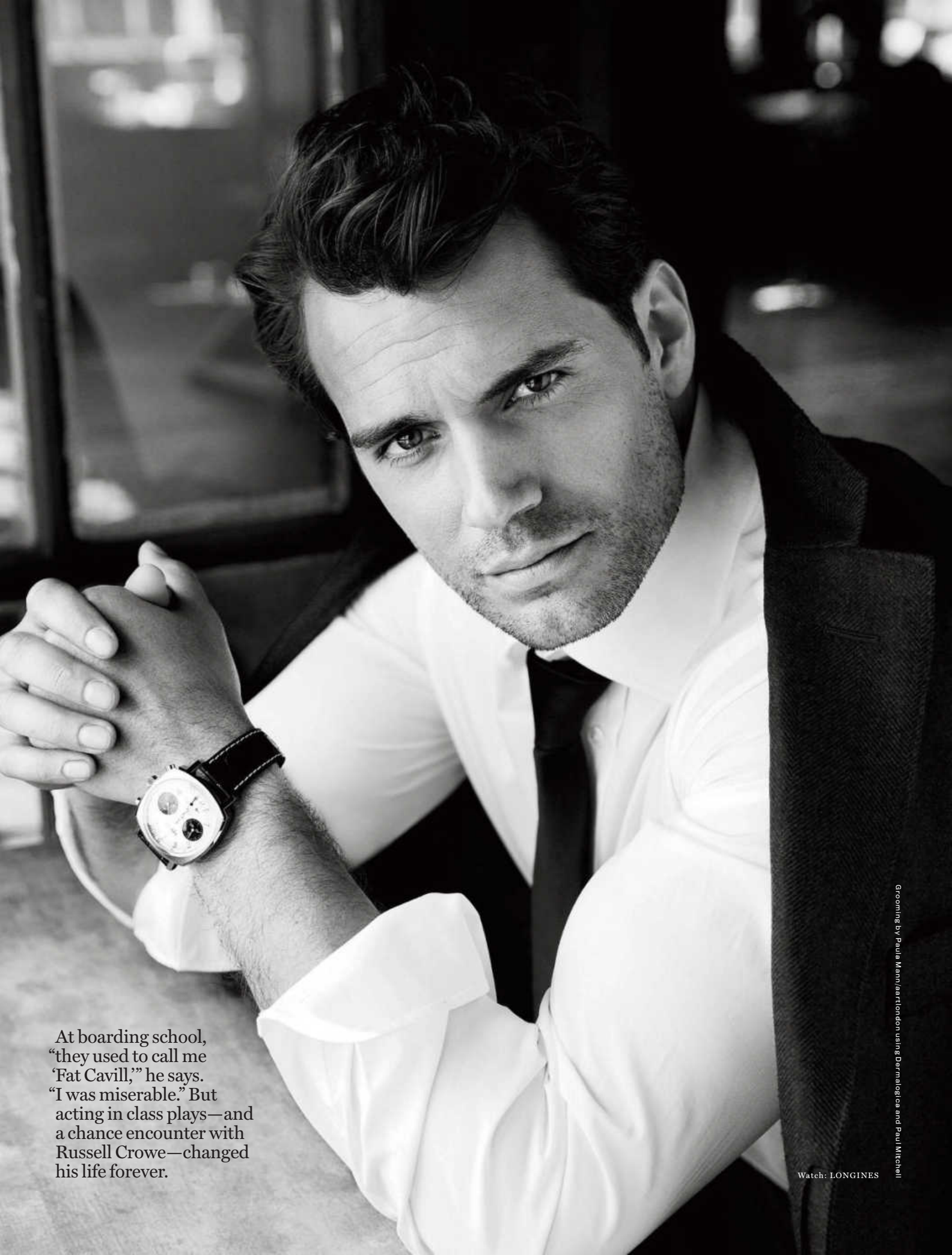




Henry Cavill: Super spy

He's a proper English gentleman who became Hollywood's all-American badass—first as a certain cape-wearing Kansan from Krypton, and again as a devilishly suave CIA agent in *The Man from U.N.C.L.E.* But strip away the tights, Savile Row suits, and secret identities, and who is Henry Cavill? Meet the man behind the mystery.

BY ANDREW HARRISON
PHOTOGRAPHS BY DOUG INGLISH
ALL CLOTHING BY DUNHILL



At boarding school, “they used to call me ‘Fat Cavill,’” he says. “I was miserable.” But acting in class plays—and a chance encounter with Russell Crowe—changed his life forever.

Grooming by Paula Mann/London using Dermalogica and Paul Mitchell

Watch: LONGINES

I'm having an afternoon beer with Superman.

More specifically, I'm having a proper British pint, a golden, glistening glass whose shimmering depths promise all the glory of that most fleeting of moments: the English summertime. It's a rare sunny day in west London. We're sitting in the sweltering beer garden of a pub in leafy Twickenham—near where England's national team plays rugby union, the bone-crunching football-with-no-helmets battle royale often described as “a hooligan's game played by gentlemen”—and 32-year-old Henry Cavill is drinking his second pint of pilsner top (a pilsner with a dash of lemonade) and radiating contentment.

Cavill is wearing a shapeless dark green Royal Marines hoodie (his brother Nik is a lieutenant colonel who served three tours in Afghanistan and in the invasion of Iraq) and sporting a wildly tangled beard that would guarantee his anonymity had he not spent much of 2013's blockbuster *Man of Steel* sporting, well, a wildly tangled beard. But no one bothers him. We are far from Hollywood, in every sense. “If I suggested to an American journalist that we do an interview over a beer,” says Cavill, “they'd find it very weird.” (Full disclosure: I am also British.)

Beer, wooden tables, small dogs. The scene couldn't be more English if Her Majesty the Queen showed up with tea and crumpets. It's fitting, because Henry Cavill is a very English Englishman. Born in Jersey, the idyllic island in the English Channel (not the industrial zone adjacent to New York City) and educated at Stowe, the private boarding school, Cavill embodies what his fellow countrymen would identify as “officer class.” Men with Cavill's privileged upbringing and schooling are often accused of being snobs. But they're also described as steadfast, honorable, and unfailingly polite. Cavill is the latter. He is a gentleman. He is old-school.

So it came as something of a surprise, back in the U.K. in 2011, when Cavill was cast as the all-American Last Son of Krypton in *Man of Steel*, director Zack Snyder and producer

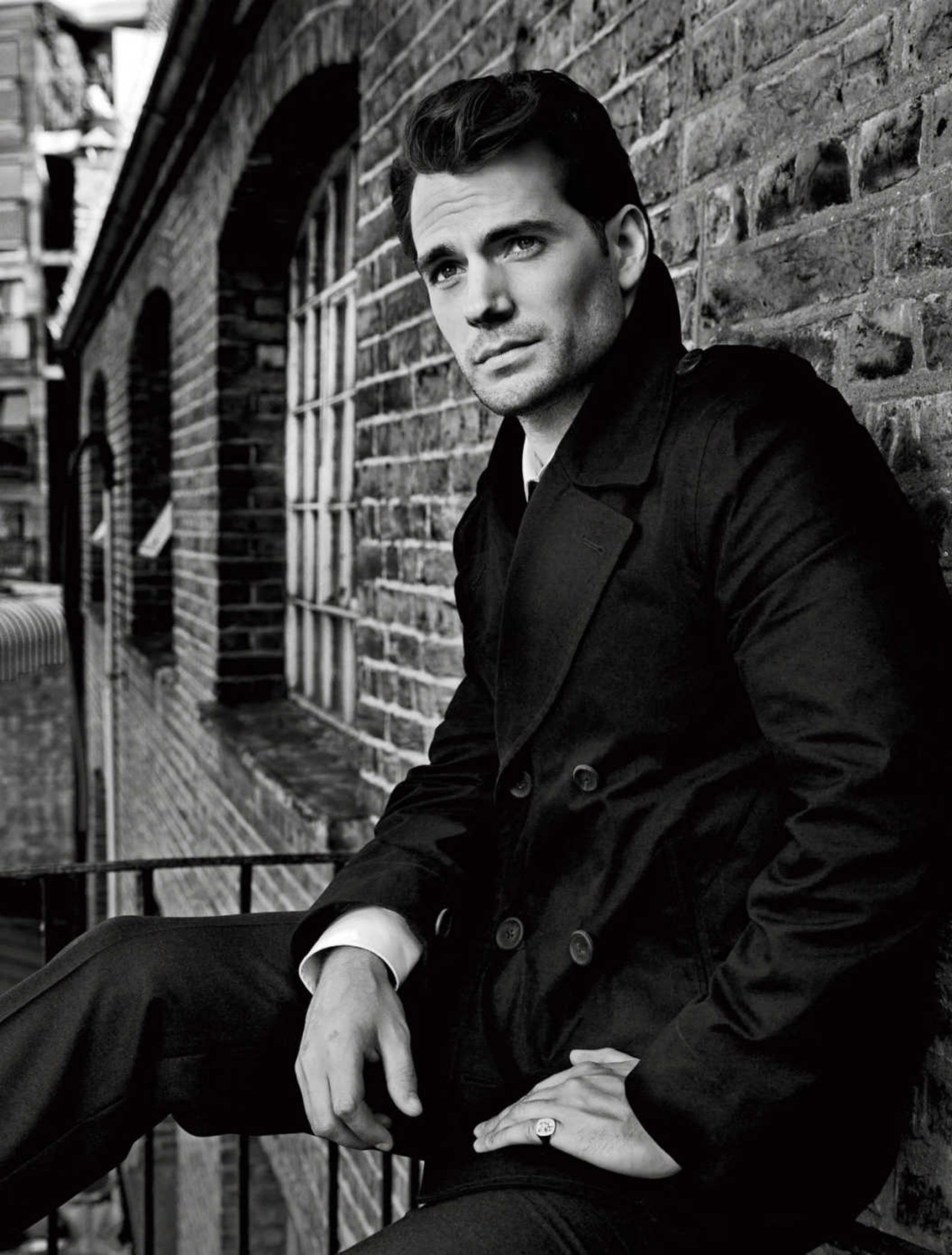
Christopher Nolan's dark, controversial take on the Superman origin story, in which Cavill's carefully controlled moral turmoil suggests that Superman's true superpower is a stiff upper lip. His compelling performance established Cavill as an A-lister, cementing his spot in next year's sure-to-be-blockbuster *Batman v Superman: Dawn of Justice*, in which he squares off against Ben Affleck's Dark Knight, and two subsequent ensemble Justice League films, DC Comics' answer to archrival Marvel's *The Avengers* movies.

Before all that, however, Cavill appears onscreen as a character who couldn't be more different from his clean-cut Kal-El. This month he plays the cynical, debonair thief-turned-super-spy Napoleon Solo in *The Man from U.N.C.L.E.*, director Guy Ritchie's frenetic reboot of the Cold War TV series. Joyfully unpretentious, the movie is a fast-paced marvel of period production design, like *Mad Men*, but with fights and car chases instead of pitch meetings and cigarettes. Playing opposite Armie Hammer (the Winklevii in *The Social Network* and the masked star of *The Lone Ranger*) as ascetic Soviet hardman Illya Kuryakin, Cavill's Napoleon is a scoundrel with style. Forget truth, justice, and the American way—Solo is out for himself.

Having claimed the mantle of cinema's ultimate good guy, is Cavill now also angling to take ownership of the most charismatic jerk in cinema?

“I thought it was just a really good story, really good fun,” he says. “It was exactly the kind of thing I wanted to do after *Man of Steel*. Napoleon's a lot of fun, and he's probably closer to my own character than Kal-El.” He sips his beer. “Well, a little closer. The key is, Napoleon doesn't really want to be saving the world. He enjoys the finer things in life, like good suits, wine, fine food. Me, too.

“Life is for living,” he says with a smile, “isn't it?”



When

HENRY CAVILL WAS A BOY, HIS FATHER, COLIN, A STOCKBROKER, once returned from a trip to find that the family home in Jersey had been unexpectedly redecorated. Why was there a revolting new wallpaper on the walls? he asked his wife, Marianne. “Oh, that?” she said. “It’s easier to clean the blood off.”

With five boys at home—Henry William Dalgliesh Cavill being the fourth—Cavill describes the household as “boisterous. No face punches, we’d just bounce one another off whatever items of furniture we could and occasionally draw blood. But all in good humor.”

As a stereotypical middle child, Cavill often found himself lost in the family crowd. “I wanted to do right by everyone and follow the rules. Pretty boring, actually!” he says, laughing. “This is probably why I was so unpopular at school, because I was clearly such a wanker.” He corrects himself for American readers. “Sorry: such a *douche bag*.”

Though Cavill loved growing up in the quiet outdoors of isolated, prosperous Jersey, as he approached his teens he began to feel trapped on this small island. He was desperate to leave for boarding school like his brothers, but when he arrived at Stowe, he found that all the groups and cliques had already formed. He was an outsider. Plus, the ripped action hero of the future had another problem: He was fat.

“They used to call me Fat Cavill,” he recalls. “I was a prime target for them. I actually had rolls of fat on me. One guy told me I had tits. I was a big eater, and I still love food. I’m still an indulger, in alcohol, in food, in all the things I enjoy in life. I’ve never been able to do things in half measures. That’s probably why I was a fat kid. And yet as much as people made fun of me, there was no actual bullying. I was just miserable and homesick. Kids do love British boarding schools. You get to be your own person, and you grow by yourself. But I will admit I was quite bitter for a while. They also called me a ‘lemon,’ a guy who gets nowhere with the girls.”

Acting gave Cavill an identity. He appeared in school productions of *A Midsummer Night’s Dream* and *Grease* and discovered he had a talent for the stage. “I liked acting, and suddenly people liked me,” he says. “Stowe could have smashed my confidence completely, I think, but actually it prepared me for the world. If I’d gone to Hollywood without having been hurt on a daily basis at school, perhaps I would have been a little less ready for it.”

There was one moment at Stowe that changed everything for Cavill, and it’s so unbelievable it would strain the credibility

of even the sappiest of biopics. In 1999, Russell Crowe—who, coincidentally, would play Cavill’s Kryptonian father, Jor-El, in *Man of Steel* 12 years later—came to Stowe to shoot scenes for the thriller *Proof of Life*. The 16-year-old Cavill appeared as an extra, running round the rugby pitch in Combined Cadet Force gear. During a lull in shooting, he approached Crowe for advice. What was the business really like?

Well, said Crowe, sometimes they treat you really well. Sometimes it’s shit. But the money’s good and you’ll enjoy it. Then shooting resumed. A few days later, Cavill received a care package containing Australian candy, an Aussie rugby jersey, and a CD by Crowe’s band—plus a photo signed with a message: “Dear Henry, the journey of a thousand miles begins with a single step. Love, Russell.” Cavill’s still got it. When they met again a decade later on the set of *Man of Steel*, Crowe remembered the kid from the English boarding school.

“It’s incredible,” says Cavill, apparently still a little dazed. “If you saw it in a film, you wouldn’t believe it happened. But it did.”

CAVILL FIRST SHOT TO FAME ON SHOWTIME’S LURID HISTORICAL drama *The Tudors* in the mid-2000s, when viewers got to know not just his face, but most of the rest of him, too. The show was heavy on the sex scenes, especially featuring Cavill’s character, Charles Brandon, Henry VIII’s trusty wingman. No longer fat—in fact, in remarkable shape—Cavill had his chain yanked mercilessly by his brothers over these scenes.

“You don’t think of sex scenes as showing your bum to the nation,” Cavill says. “It’s actually acutely uncomfortable being naked in a roomful of people. The very last thing it is is sexy.”

Continued on page 144

“American dating is like carpet bombing,” Cavill says. “You date 16 women all at once and one of them is supposed to pop out of the crowd? I can’t do that.”



Broken in

Édgar Ramírez is one busy dude. Soon the Venezuelan-born 38-year-old will star in director David O. Russell's early Oscar contender, the biopic *Joy*. He'll also anchor the rebooted action caper *Point Break*, playing badass Zen surfer-outlaw Bodhi (yes—Patrick Swayze's character from the 1991 original).

Here he shows how to pull off the season's major style trend, vintage-inspired clothing: by being utterly cool, absolutely relaxed, and in complete and total control.

By John Mather
Photographs by Richard Phibbs



This page:
Jacket: NAUTICA
Vest: OLIVER SPENCER
Shirt: BUFFALO
DAVID BITTON
Bracelet: STEPHEN
WEBSTER

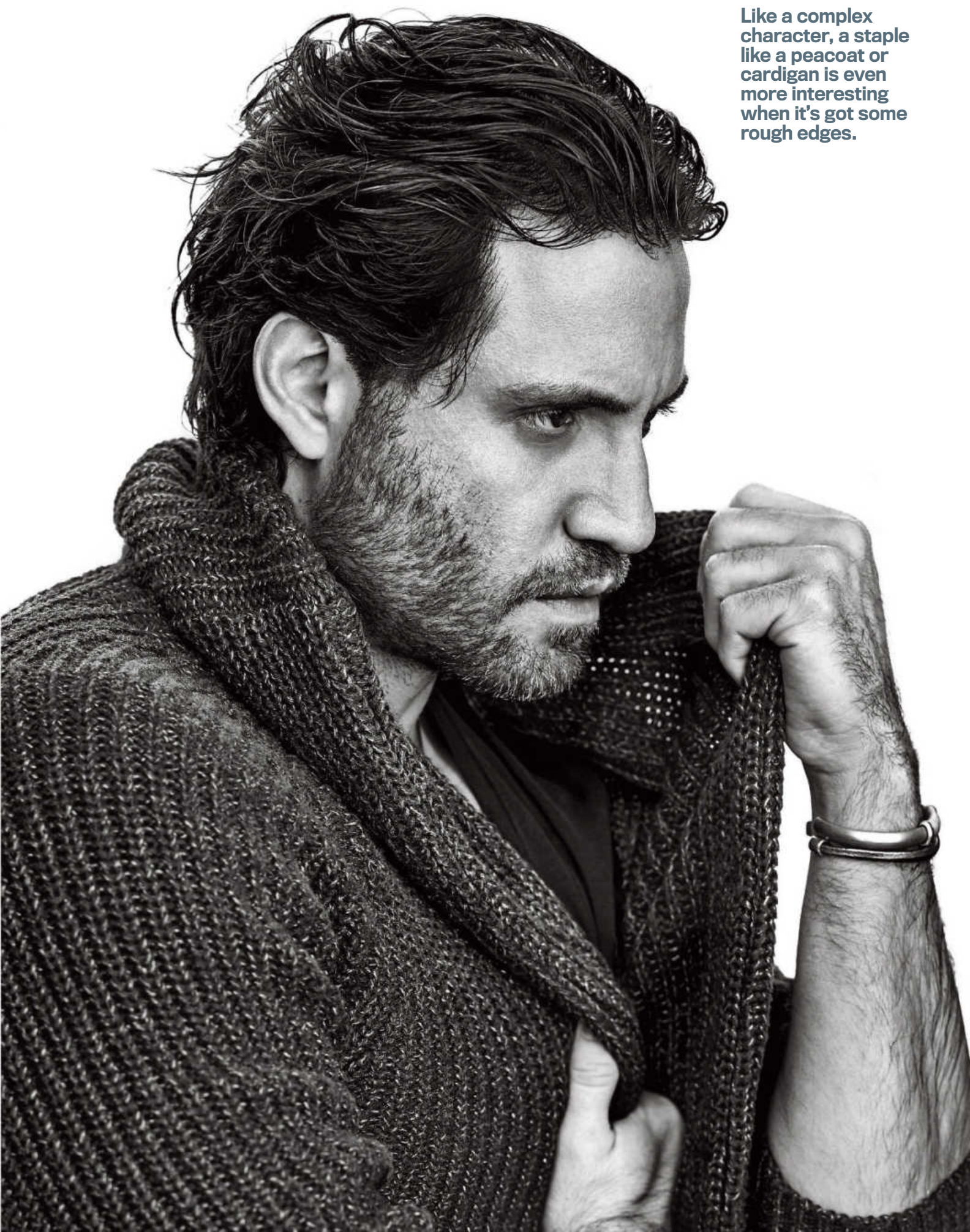
Opposite page:
Coat: TOMMY HILFIGER
Denim Jacket and Shirt:
BUFFALO DAVID BITTON
Vintage Hat and Boots:
WHAT GOES AROUND
COMES AROUND



This page:
Coat: TALLIA ORANGE

Opposite page:
Sweater: DENIM & SUPPLY
RALPH LAUREN


Like a complex character, a staple like a peacoat or cardigan is even more interesting when it's got some rough edges.



This page:
Shirt: BUFFALO DAVID
BITTON
Jacket: OLIVER SPENCER
Leather Bracelet: ZADEH

Opposite page:
Jacket and Vest:
OLIVER SPENCER
Shirt: BUFFALO DAVID
BITTON



A black and white portrait of a man with dark, wavy hair and a beard. He is wearing a dark, textured jacket over a button-down shirt and a dark vest. His hands are clasped in front of him, and he is looking slightly to the right. The background is plain white.

Just the right
amount of
distressing can
make a new
addition feel like
an old favorite.

Keeping up with



How many girls do you know who belong to a high-end gym, a cycling or yoga studio, a Pilates class, even a boot camp—all at the same time? For the record, we totally endorse this behavior—after all, they’re sweating through killer workouts with expert instructors in a setting that pushes them to elevate their game. [1](#) But you? Day after day you’re at your local gym, a lone wolf drifting sadly among the weight racks. So listen up, brother! Group exercise classes, which are probably available right where you work out now, have come a long way since Tae Bo and Jazzercise—which means it’s time to get over your “class” snobbery and get started. Here we’ve broken down all you need to know to do just that; and because we care, we’ve also added tips on how not to act like a douche bag. Trust us: No one wants to sweat it out next to “that guy”—especially the girls.

the girls

Today's exercise classes don't offer only extreme motivation, upbeat camaraderie, and pop music. They also provide more intense—and competitive—workouts than ever before. Hit one, and who knows—you might even have some fun, too.

By Peter Koch Photographs by Jorg Badura



Want it?
See page 145.



BOOT CAMP

FALL IN LINE: HOO-AH!



There are countless ways to burn calories and develop cardiovascular fitness at the gym—like running on a treadmill, using an elliptical, or, if you're so inclined, jumping and twerking in a Zumba class. But there's nothing that shocks the system like a well-run boot camp.

In boot camp, you'll get a total-body workout led by a drill-sergeant type who pushes your body full-throttle to the point of failure as you circuit through cardio and strength exercises in quick succession, working every muscle group in a fast-paced, 30- to 45-minute session. Boot camp will have you shredding fat while maintaining lean muscle, increasing your endurance. It'll also pump up your metabolism so you continue to burn calories hours after your final rep. Ready to enlist? Here's how to do it.

How to Choose Your PT Session

◆ Not all boot camps are created equal. Since Barry's Bootcamp (barrysbootcamp.com) launched the trend in the late 1990s, "boot camp" has become a catchall for any military-inspired classes, even if they're decidedly low-intensity and cardio-heavy, with dance-y moves and empty punching and kicking rather than full-body functional movements.

"I was in the Marines, so I know what boot camp really is," says Eric Salvador, head instructor at the Fitting Room (fittingroom.com) in New York. "It's not just

running around the park, and doing stepups." To find a good one, check out the class description, says Justin Flexen (yes, his real name), group fitness instructor at NY's Crunch Gym (crunch.com). "If you see *high-intensity* or *Tabata*, that's pretty hardcore." And try to ask the instructor if classes use equipment like free weights, medicine balls, or plyo boxes. While body-weight exercises like pushups, squats, and lunges are great, we prefer mixing in the strength benefits of increased resistance.

And the final tell, according to Salvador? "See if there are other guys in the class."

BOOT CAMP DOS AND DON'TS

DO Introduce yourself. "Many friendships have been forged by the agony and triumph of high-rep burpees, deadlifts, and Tabata circuits," says trainer Jonny Edward of Denver's Pura Vida Fitness (puravidacub.com).

DON'T Bring your ego. "Some people come in their first time thinking it's an easy class," Salvador says. "But halfway through, they're like, 'Oh, shit!'" He suggests taking it easy the first class, and pushing yourself harder after that.



Want it?
See page 145.

Opening spread: Spin bikes courtesy of Flywheel; Styling by Delvin Lugo; Hair by Matthew Tuzzoli/Artists by Timothy Priano; Makeup by Brett Jackson/Sarah Laird + Good Company; Grooming by Natasha Leibel/Artists by Timothy Priano

How to Excel in Basic Training

1) MORE THAN ANYTHING ELSE, HIT THE CARDIO HARD.

◆ "Most guys don't get enough cardio, so make it count in boot camp," Flexen says. That means pushing yourself to the point of failure on body-weight exercises that make your heart pound, like mountain climbers, sprinters, burpees, and squat jumps.

"This is metabolic cardio," says Flexen, "which means you'll be burning calories a lot longer, even when class is over"—an effect you can't get from jogging on a treadmill.

2) MAKE PT PART OF YOUR ROUTINE.

◆ You need at least a twice-a-week habit. When you're consistent, Flexen says, "you get stronger, your endurance improves, it takes longer to feel fatigued, your heart is strengthened, and you burn more calories for a lot longer."

DON'T BE A DOUCHE BAG

◆ Don't get pissy if the instructor yells at you. "If someone corrects your form, you're not being picked on, you're actually getting value from your training," Salvador says.

INDOOR CYCLING

GEAR UP AND GO



Indoor cycling hardly needs an introduction. While recent news suggests that high-energy boutique studios have reinvented the wheel, so to speak, every class still comes down to one very simple action:

riding a bike, hard. And what could be easier than that?

Well, riding one that stays upright on its own and doesn't go anywhere, for starters. If you're new to group fitness, this is your safe place. There are no special moves here; it's just you and the bike in your own personal pain cave—and, if you're lucky, an instructor who can lead you out. "It's simple," says Josh Taylor, a veteran Spinning master instructor and former pro cyclist, "and it will give you an enormous calorie burn."

Ready to ride? Here's your road map.

How to Choose Your Peloton

◆ Start the search at your own gym, but be aware of the other options. SoulCycle (soul-cycle.com) is a boutique studio known for candlelit female-friendly classes that are variously described as a dance party, a meditation session, and group therapy. The other big studio, Flywheel (flywheelsports.com), is almost its antithesis: It motivates clients with real-time ego-boosting contests to see who can work the hardest. (For the record, we prefer the latter—unless you want to increase your chances with the ladies.)

A good instructor is someone who motivates but doesn't annoy you. For targeted workouts that get results, Taylor suggests finding someone who's metric-based and goal-oriented. Also, check backgrounds to see who's an athlete, and pay attention to certifications. In class, listen for parameters—form checks, as well as breathing, resistance, RPM, and power-output cues—that indicate a solid, technically based plan. And, of course, choose someone who's able to get you moving.

To start researching, call your gym and ask if one instructor is especially popular with guys. And check Yelp and niche sites like *Rate Your Burn* for their helpful reviews.

PEDALING DOS AND DON'TS

DO Get to class 15 minutes early and ask the instructor for help setting your bike up with proper fit, checking seat height, fore-aft adjustment, and handlebar height.

"If you're too low or too far forward, you're robbing yourself of power, you're robbing yourself of efficiency," says Taylor. Not to mention, you look like a goofball.

DON'T Pretend you're a pro fighting your way up the Pyrenees. Yes, you're here to ride, but that doesn't mean you should show up to class in full racing kit and act like you're Bradley Wiggins.

DON'T BE A DOUCHE BAG

◆ "Leave your phone in your locker," says cycling instructor Seth Maynard at Swerve (swervefitness.com). "If you text in a dark room of 40-some people, you ruin the experience of everyone around you."

One cycling studio is better for sweating bullets, the other for meeting girls.

How to Spin Right

1) LEAVE YOUR ARMS OUT OF IT.

◆ The rise in boutique studios has allowed upper-body exercises—handlebar pushups and super-low-weight, high-repetition lifts—to infiltrate indoor cycling classes. But unless two-pound dumbbells and panda pushups are part of your regular upper-body routine, they're probably a waste of your time. Skip 'em and get more from your ride.

2) WORK AT YOUR LEVEL.

◆ "Your first indoor cycling class can be daunting," says Rush Hannigan, lead instructor at Houston's Ryde studio (letsryde.com), "especially when you're surrounded by regulars who seem to know the cues before they even come." His advice: "Find a resistance level that's challenging but still manageable."

Feeling like crap? It's OK to take your resistance off, sit up, and do your thing. "Don't let anybody bury you," Taylor says. "You're in control of the resistance, you're in control of your speed, and the instructor is there to guide you on a great workout that's a lot of fun."

3) KEEP THE MOVEMENTS SIMPLE.

◆ Okay, so there are moves in indoor cycling, but in most classes they're straightforward variations on sitting and standing, depending on whether or not you're "climbing." Relax and keep your body weight centered over the pedals. Don't lean on the handlebars when you're tired. Be wary of too much lateral movement and remember that if it doesn't feel right, it probably isn't.

And finally, it's BYOWB, or bring your own water bottle.

GET SORE TO THE CORE



You've seen them before on your gym's class list: 30-minute-long, must-be-intense classes with names like "Ab Lab," "Absolution," and, most tantalizingly, "Ass and Abs." Like late-night

fitness infomercials, they promise to whittle your waist, improve your balance and posture, and flatten your stomach. All of which sounds like something more appropriate for women, so you keep scanning the schedule...Well, how wrong you are.

These are core classes; and while many promise to make your six-pack pop, that's just a surface look at what they're all about. "Most people think core is an ab class, where you're just doing crunches," says Nyree Brown, a group fitness instructor at Equinox (equinox.com) and a Brooklyn-based independent personal trainer. "Your core isn't just that six-pack. It's all the muscles that surround and support your spine," including the transverse abdominis, internal obliques, multifidus, spinal erectors, lats, glutes, and traps. Collectively, they're responsible for your posture and are the basis of your strength and power in sports and in the weight room.

Here's how to get hardcore about core strength.

How to Choose Your Core Session

◆ Generally speaking, there are two common core-class styles: high-energy "washboard abs" versions, where the majority of time is spent on dynamic exercises like crunches, situps, leg lifts, and rotational exercises like Russian twists and woodchoppers; and more mellow, Pilates-style mat classes that focus on static holds like planks, Supermans, and glute bridges, but spice them up with focused pulses that work deep-down muscles. Neither is objectively better—both will work your abs to exhaustion and, if taught correctly, give you a solid workout—so finding the

right one is more about preference.

In her experience, guys tend to gravitate toward the more dynamic classes, Brown says. "They aren't as quick to do a low leg raise and hold as they are to do some sort of medicine ball exercise, because it looks harder—and cooler." She has a point.

To pick the right class, then, she suggests reading the description: Whereas kettlebells, medicine balls, and crunches are giveaways of a dynamic class, Pilates and planks scream static. (Though, whatever your preference, it's not a bad idea to mix it up occasionally.)

When it comes to choosing an instructor, there are two guidelines. First, you want someone who takes the class beyond its "Athletic Abs" marketing gimmick and builds a balanced workout around all the core muscles. Second, you want someone who's constantly moving around the room, correcting students' alignment and form. "Be sure your instructor is as engaged as possible," Brown advises.

DON'T BE A DOUCHE BAG

◆ Don't go rogue. "When everyone in the room is doing a Russian twist, please don't be planking," Brown says—it throws off the class's energy. "It's the absolute worst! This isn't a one-on-one session, and it's not your own thing, it's a class."

Attack Your Abs Right

1) KNOW IF YOU'RE IN THE WRONG PLACE.

◆ The whole point of a core class is to hit the core from every conceivable angle, says Brown, using "planks, spinal flexion, crunches, reverse crunches, situps, obliques with rotational exercises and bicycles, and, finally, erectors with some Supermans." If it doesn't do that, you need to find a new class.

2) SPEAK UP.

◆ If an exercise feels uncomfortable, especially in your lower body, tell the instructor, who should be able to offer a modification so you're not risking injury.

3) SLOW DOWN.

◆ It's critical to perform dynamic exercises at a slow, steady pace, focusing on the target muscle through the entire range of motion. This is especially important when you start to get tired and other muscles try to make up for your fatigue.

CORE DOS AND DON'TS

DO Let the instructor know ahead of time if you have any injuries, particularly to the lower back. That way he or she can modify exercises to suit you or, depending on the severity of your problem, send you away. In either case, your back will thank you.

DON'T Wear the same workout clothes you've been rocking for a week. "You don't want to be the smelly one in the room," says certified fitness trainer Donovan Green, author of *No Excuses Fitness*. "It's embarrassing, and it makes your classmates uncomfortable."



Even More Class Action

Eight *Men's Fitness*-approved, highly specialized fitness classes that are worth the extra dough

Heavy Metal Cycling

◆ Iron Maiden in place of the usual pop crap. Meet the closest thing to a mosh workout. swervefitness.com

Broga

◆ In this yoga program designed around men's bodies, it's OK if you can't touch your toes. The focus here is on core-strengthening, muscle-toning poses that guys can do; with enough practice, flexibility will follow. brogayoga.com





“Your core isn’t just that six-pack. It’s the muscles that support your spine.”

Pilates

◆ It turns out that Joseph Pilates, the inventor of the once-maligned full-body workout of the same name, was a totally badass-looking German boxer. Today, Pilates is endorsed as a performance enhancer by pro athletes like Martellus Bennett and Kris Humphries. So, yeah, get over it. (Go online for studios near you.)

Tone House

◆ Explosive work—bungee runs, “rest” burpees, box jumps—from former NFL pro Alonzo Wilson. tonehousenewyork.com



Schoolyard Games

◆ By adding a competitive element to high-intensity sprint rowing, body-weight circuits, and games like dodgeball, Throwback

Fitness makes working out feel like recess. Just hope you’re not picked last. throwbackfit.com

Treadmill “Spinning”

◆ At the boutique studio TheRun, rows of stationary bikes have been replaced with treadmills that automatically adjust speed and incline while you sweat through workouts developed by a pro-level coach and personalized to fit your pace and ability. the-run.com


WaterRower Classes

◆ Hardcore rowing using an erg so beloved it’s recognized by the Museum of Modern Art. indorow.com



Adventure Training

◆ Jackson Hole gym’s Strong Swift Durable whips outdoor athletes—skiers, ultrarunners, climbing guides—into peak condition. Courses are available online and can be done anywhere. strongswift.durable.com

A group of five people are practicing kickboxing in a rustic, industrial-style gym. The gym has a high ceiling with exposed wooden beams and large windows in the background. The floor is made of dark wooden planks. The participants are wearing boxing gloves and athletic gear. In the foreground, a man in a grey long-sleeved shirt and black shorts is performing a high kick. Behind him, a woman in a black sports bra and leggings is also performing a high kick. To the right, another man in a white t-shirt and black leggings is performing a high kick. Further back, a woman in a pink sports bra and patterned leggings is performing a high kick. On the far right, another person is partially visible, also performing a high kick. The lighting is dramatic, with strong highlights and deep shadows.

If "bag work" is in
the class's description,
you'll be training
like a real fighter.

Want it?
See page 145.

UNLEASH YOUR AGGRESSION



Any guy who's ever watched pro boxing has, at some point, wanted to earn a boxer's chiseled, powerful physique and test himself in the ring. But the only practical way to get that combination

of full-body training—meaning bottom-up strength, speed, agility, and cardiovascular endurance—was to join a gym and commit yourself, *Rocky*-style, to a one-on-one trainer. Today, though, with the rising popularity of UFC and mixed martial arts, many black-belt-level gyms—boxing, MMA, jiu-jitsu, and Muay Thai (a badass ancestor of kickboxing) places—have expanded their offerings to include programs for the average Joe looking to develop a fighter's raw fitness. And most of your standard gyms also offer classes in the basics. Here's how to get a kickass workout without getting your ass kicked.

How to Choose Your Class

◆ Most gyms offer group classes modeled after combat sports. For the most part, these classes are "choreographed and the instructor is bouncing-off-the-walls energetic," says Ryan George, a New York personal trainer and fitness instructor who also teaches Muay Thai at Coban's Muay Thai Camp (teamcoban.com). "There's not much technique involved and rarely any focus on sparring or getting better."

For example, if the word *cardio* is in the name, it's probably a dance-y class set to music, à la Tae Bo. But if *boot camp* or *bag work* are in the description, you'll likely be doing some of the same stuff as actual fighters. (If you really want to fight, though, you'll need to find a specialty gym.)

Says Work Train Fight (worktrainfight.com) founder and lead instructor Alberto Ortiz, the first order of business is to look at the instructor's teaching philosophy and background, and consider other indicators as well, such as updated equipment and consistent, well-run classes.

And while many new boxers and fighters naturally gravitate toward former fighters

as trainers, Ortiz cautions against it, pointing out that physical skill doesn't always translate to teaching ability. "Punching the pads and holding them are two different angles," he says. "It's the difference between being an actor and being a director."

DON'T BE A DOUCHE BAG

◆ When it comes to sparring, remember: "You're playing at sparring," George says. So trying to hurt someone isn't cool. "It's gym etiquette that if you go too hard, they have the green light to make you pay for it."

Choose Your Discipline

Clear your mind, Grasshopper, and learn which combat discipline is right for you. Herewith, a quick primer on the basic genres.

Punch It Out Right

1) ARM YOURSELF WITH COMBAT 101.

◆ Most gyms have roughly three levels of classes: beginner-friendly sessions run boot-camp style, where you punch and/or kick bags and mitts, jump rope, do body-weight exercises, etc., but don't fight; intermediate classes where you start out shadowboxing then learn more advanced techniques and combos before advancing to technical sparring; and advanced fight classes, for those who really embrace the sport and want to excel in it—and, perhaps, compete.

2) STAY LOOSE.

◆ In combat classes more than any other genre, being flexible—the surefire way to stave off injury—is paramount. "If you're really tight," George says, "it's tough to let the movements flow." Combat sports are about power, yes, but they're also about speed. So stretch beforehand and try to stay loose throughout the session. You'll be faster, expend less energy, and have the best chance of avoiding getting hurt.

3) FOCUS ON YOUR HIPS.

◆ "Being able to generate and drive power from your hips is probably the most important thing when it comes to almost any combat sport," says George. Proper punches, kicks, and throws all draw their power and effectiveness from the hips.

QUICK DOS AND DON'TS

DO Remember to breathe. The root of most form mistakes is your overactive brain. Calm down, focus on your target, and don't worry about how you look. "Who cares if you look like crap?" Ortiz says. "Even Mike Tyson looked like crap the first time he hit a bag."

DON'T Swing for the fences during instructor pad work. "They're called focus mitts," Ortiz says. "The point is to keep your eyes focused on the target and move when the trainer throws a punch, not throw all your weight at my rotator cuff."

MIXED MARTIAL ARTS MMA is a full-contact mishmash of boxing, Muay Thai, kickboxing, wrestling, judo, karate, jiu-jitsu, and taekwondo. This makes it perfect for guys who have short attention spans, since they can easily work on a different skill set—grappling, striking, takedown—every single day.

MUAY THAI An older, more badass ancestor of the kickboxing we're familiar with (thanks, *Bloodsport*), Muay Thai allows fighters to hit with their knees and elbows, too, and incorporates upright grappling called "clinch." With its small formalities—the bow to your trainer, the prefight *wai khru* (a ceremonial dance), the master-servant relationship between trainer and student—Muay Thai is great for guys who are looking for something more spiritual than the usual boxing.

BOXING The "sweet science" is the fastest-paced of the disciplines—and, with no kicking, the easiest to learn. That's why "type A personalities seem to do best with boxing," says George. "Some people just want to get in there and punch the shit out of something."

Must-have Gear



FOR BOOT CAMP

Nike Free Trainer 4.0

Flex grooves in the outsole and a cable-reinforced upper give this lightweight trainer a socklike feel that's perfect for squats and burpees yet sturdy enough for longer runs. \$110; nike.com



FOR COMBAT SCHOOL

Hayabusa Ikusa Recast Gloves and Perfect Stretch 2 Handwraps

Protect your hands with these supportive, high-quality, made-in-Japan gloves and handwraps. Gloves, \$90; handwraps, \$13; hayabusafight.com



FOR CORE CLASSES

First Place Kettlebell

This upscale kettlebell does the trick for one-arm swings, front squats, floor presses, and other core-shredding dynamic exercises. From \$20; performbetter.com



FOR CYCLING INDOORS

Lululemon Metal Vent Tech Tank

In addition to padded cycling shorts (a must, obviously), get this comfortable fitted, four-way-stretch tank made with anti-stink technology (you'll need it). \$58; lululemon.com

All it's

Is there any dish that isn't vastly improved by placing a perfectly cooked egg on top? Once you've tried these delicious, elegant recipes—each courtesy of a world-class chef—we think you'll have your answer.

BY WILL COCKRELL

cracked

up

T

The humble egg spends most of its time playing a small supporting role in our lives—an ingredient in the mayo we swipe on a sandwich, the loyal sidekick to our chef salad. Sometimes it's given the lead but in mundane projects like plain old scrambled eggs. But ask the world's most talented chefs—like the four we feature on these pages—and they'll tell you that the egg is one of the true stars of the kitchen universe: so versatile and tasty that adding one atop pretty much any dish takes the meal from forgettable fare to memorable feast; and so healthy (it has a near-perfect protein/fat/calorie ratio and, we now know, doesn't wreak havoc with cholesterol) that the Mayo Clinic advises eating up to seven eggs a week to prevent strokes. So take these simple recipes (and our handy egg buying, prepping, and cooking tips) and start whipping up your own egg-crowned masterpieces. Time to get cracking!

to be

PHOTOGRAPHS BY JAMES RANSOM



Can't beet that.
The Aussie burger from Five
Leaves restaurant features
beets and pineapple.

Aussie Burger (SEE PREVIOUS PAGE)

First things first: All you need to pull off the comfort-food staple that is an egg-topped burger is a great cut of beef and a bun that's not too sweet. Then grill or fry your burger and top it off with a fried egg and a funkier cheese.

"I think the gooeyness of Gruyère is a solid match for a runny yolk," says Ken Addington, executive chef at Brooklyn's Five Leaves restaurant. But for a truly authentic dish, try

Addington's Five Leaves Burger, an Aussie-style version (after all, the Australians launched the egg-on-burger craze in the first place).

"The Aussies call it a burger with 'the lot,' which includes beet, pineapple, a fried egg, and sweet chili sauce," says Addington, who likes his egg sunny-side up—the runnier the yolk, the better.

"As soon as the bun goes on, the yolk is all over the place," he says. "It's a fun mess."

Make it

SERVES 4

INGREDIENTS

- 2 cups seasoned rice wine vinegar
- 2 tbsp honey
- 1 tsp whole coriander seed
- 1 tsp whole black peppercorns
- 2 tbsp extra-virgin olive oil
- $\frac{1}{2}$ tsp dry mustard
- 2 heaping tsp fresh ginger, peeled, thinly sliced
- 1 pineapple, peeled, cored, and cut into four $\frac{1}{2}$ -inch-thick rings
- 1 tbsp hot sauce (we like DEA Harissa)
- 4 tbsp mayonnaise
- zest and juice of 1 lime
- 2 pounds ground beef chuck, preferably grass-fed, not too lean
- Coarse salt and freshly ground black pepper
- 4 tbsp ($\frac{1}{2}$ stick) unsalted butter
- 4 ciabatta buns
- 4 large eggs
- 4 slices pickled beets

DIRECTIONS

- 1) In a medium saucepan, combine vinegar, honey, coriander, peppercorns, olive oil, mustard, and ginger. Bring to a boil and cook for 5 minutes.
- 2) In a bowl, pour mixture over the pineapple slices, cover with plastic wrap, and refrigerate overnight. Combine harissa, mayonnaise, and lime zest and juice in a bowl; set aside.
- 3) Prepare medium-high grill or ridged grill pan. Remove pineapple from marinade and grill for 2 minutes per side.
- 4) Season beef with salt and pepper and form into 4 burgers. Grill the burgers (only cover if using a gas grill), turning once. Cook about six minutes for medium-rare.
- 5) Melt 2 tbsp of butter. Lightly brush cut side of buns with it, and grill for 1 or 2 minutes. Spread harissa mayo on the grilled buns.
- 6) In a nonstick pan, melt 2 tbsp butter over medium-low heat. Break each egg into a small bowl and add it to the pan (see below for expert egg instructions).
- 7) Place burgers on buns and top each with a beet slice, pineapple slice, and sunny-side-up egg.

HOW TO BUY THE PERFECT EGG

Chef Sebastien Archambault of The Back Room at One57 at New York's Park Hyatt Hotel explains the importance of seeking out farm fresh.

■ "The kind of egg you use is very important. A yolk should always be bright orange, not yellow—yellow means there's no keratin and that the hen wasn't eating what it was supposed to.

"And because it matters what the chicken has been eating, I also think you should always buy your eggs from a farmers' market. For eggs to have true flavor and real nutritional value, chickens need to be free to roam and eat grass, insects, and flowers—yes, believe it or not, the richness and flavor of the yolk when chickens can eat flowers is amazing."

Summer Ramen

When people think of ramen, they think of a steaming bowl of soup. But in the warmer months of the year, noodle shops all over Japan feature this delicious cold, brothless version known as *hiyashi chukka*, or ramen salad—which, like the soup, usually comes topped with an egg.

"You'll find the runny 'hard-boiled' egg at all ramen shops in Japan," explains Ivan Orkin, an American who moved to Japan in the '90s and somehow managed to open one of the country's most revered ramen restaurants. Today he runs ramen mecca Ivan Ramen Slurp Shop in New York City.

This Summer Ramen actually features two cooked eggs: one semi-hard-boiled, and the other omelet-style, very thin, then sliced up along with the rest of the ingredients. Egg is the perfect creamy counterpart to the tangy soy-based dressing, says Orkin: "When the yolk breaks over the noodles, it adds a whole other sauce."

But what really makes any ramen unique—whether it's a soup or a summer salad—is the noodles. Unlike buckwheat or soba noodles, those found in ramen are springier.

And, of course, like everything else in Japan, the presentation is orderly.

Make it

SERVES 4

INGREDIENTS

(FOR THE VINAIGRETTE)

- 5 oz tamari or soy sauce
- 2 oz rice wine vinegar
- 2 tsp sesame oil
- 2 tsp canola oil
- 2 tbsp malt vinegar
- $\frac{1}{4}$ cup dashi (instant Hondashi is widely available)
- 1 tbsp plus 1 tsp honey
- $\frac{1}{4}$ tsp Kosher salt
- 1 clove garlic, pressed

(FOR THE RAMEN)

- 20 oz of high-quality fresh ramen noodles
- 1 small sweet onion, sliced very thinly
- 4 slices of bacon, cooked crisp and crumbled
- 8 oz smoked ham, cut into thin ribbons
- 2 small cucumbers, cut into thin ribbons
- 4 small tomatoes, cut into thin wedges
- 2 cups romaine lettuce, shredded
- 4 large eggs, cooked into a thin omelet, sliced into ribbons
- Karashi (hot Japanese mustard)

DIRECTIONS

- 1) Cook and cool the noodles. Drain well; divide into 4 bowls.
- 2) Toss together onions and bacon; set aside. Arrange ham, cucumber, tomatoes, lettuce, and omelet in neat piles over each bowl. Top with onion and bacon mix.
- 3) Add egg and spread karashi on the dish's rim. Pour vinaigrette over everything.

MASTER IT

SUNNY-SIDE UP

■ Addington suggests starting with a medium-heat flame and cooking a fried egg

more slowly than you would normally, to avoid browning. The goal is to get the white cooked solid while keeping the yolk runny. **1)** Over medium heat, place a little butter and salt on the bottom of the pan. **2)** Crack your egg into the pan and season the top side of the egg with salt. **3)** Let it do its thing for about five minutes and do not flip over. As soon as the white is set, remove from the skillet.



MASTER IT

BOILED

■ While the ramen egg often looks hard-boiled, Orkin says it's actually just slightly more than soft-boiled. This allows the yolk to run a bit and meld with the dish. To get this right, you want to cook the egg until the center of the yolk has just begun to gel. (Orkin suggests doing a test egg before cooking an entire batch.) **1)** Take a room-temperature egg and lower it into boiling water; stir the water a little so the egg's center starts to solidify. Then, leave it alone for about 6-7 minutes (for a harder center, let it sit for 8 minutes). **2)** Remove from water and immediately plunge into ice water to halt cooking. **3)** Peel and slice in half (Orkin uses fishing line for a clean cut) and place on your ramen.





Shakshuka

For British chef Yotam Ottolenghi, the egg is the perfect finishing touch—the key to completing a dish that is “almost there.” One of his favorite egg dishes is the Tunisian staple *shakshuka*, which, with its chopped garlic, peppers, fiery harissa, and baked egg, he describes as “drama in the mouth.”

Ottolenghi suggests this as an ideal brunch: “It’s a really informal dish—you can do all the work beforehand, then all you need is some crusty white bread to mop up the juices. It also has magical hangover-clearing properties.”

Make it

SERVES 4

INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp harissa (Tunisian chili paste)
- 2 tsp tomato paste
- 2 large red peppers, diced
- 4 cloves garlic, finely chopped
- 1 tsp ground cumin
- 1 tsp salt
- 5 large ripe tomatoes, chopped
- 4 large free-range eggs, plus 4 egg yolks
- ½ cup labneh (Lebanese cream cheese) or thick yogurt

DIRECTIONS

- 1) Preheat oven to 350°F. Heat olive oil in large pan over medium heat burner; add the harissa, tomato paste, peppers, garlic, cumin, and ½ tsp salt. Stir and cook for about 8 minutes to allow the peppers to soften.
- 2) Add tomatoes, bring to a gentle simmer, and cook for a further 10 minutes until you have quite a thick sauce. Taste for seasoning.
- 3) Make 8 little dips in the sauce. Gently break the eggs and carefully pour each into its own dip. Do the same with the yolks. Use a fork to swirl the egg whites a little bit with the sauce, taking care not to break the yolks.
- 4) Place dish into oven, bake for 8–10 minutes, until egg whites are set but the yolks are still runny. (You can cover the pan with a see-through lid if you wish to hasten the process.)
- 5) Remove from heat, leave for a couple of minutes to settle, then spoon into individual plates and serve with the labneh or yogurt.

MASTER IT BAKED

not overcooking the egg or the dish. The key is to add the egg in the last 10 minutes (in a 350° oven) and to watch it closely. **1)** Ten minutes before dish is fully cooked, remove it from heat. **2)** Crack eggs onto dish, return to heat. **3)** Eggs will bake in 10 minutes or less, but watch the egg itself, not the clock—they’re done when whites are just “set,” opaque white, and yolk is still runny.

■ When baking an egg that’s cracked on top of a dish—as with shakshuka or pizza—the trick is

For our flawless egg-prep primer, visit mensfitness.com.

Kale Caesar Salad

Pairing a poached egg with salad is one of the oldest culinary traditions in the world, and one that can transform a starter into a satisfying light lunch.

But the process can be harder than it looks, as the egg—and the “sauce” it creates—has to be done just right. “It’s all about chemistry,” says Sebastien Archambault, executive chef at New York’s The Back Room at One57. And

that means you need to poach it correctly.

For this recipe, Archambault offers his take on the classic Caesar salad, in which he swaps out traditional romaine for the more nutrient-rich kale and adds a breaded poached egg to amp up a Caesar’s creamy but crunchy texture.

“When you bread the poached egg, you have the crispiness of the bread and the creaminess of the yolk all in one,” he says.

Make it

SERVES 4

INGREDIENTS

(FOR THE KALE SALAD)

- 1 lb Tuscan kale, thinly sliced
- 1 lemon, cut into ¼-inch segments
- ½ cup Caesar dressing
- Salt and pepper
- ¼ cup capers
- ¼ cup sunflower seeds, toasted
- ½ cup Parmesan cheese, grated
- 4 poached eggs

(FOR THE CAESAR DRESSING)

- 1 oz anchovy
- 1 clove garlic
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 tbsp white wine vinegar
- 2 tbsp red wine vinegar
- 1 tb spleen juice
- 2 dashes Tabasco sauce
- 2 egg yolks
- 1 cup grapeseed oil
- ¼ cup olive oil
- 1 cup grated Parmesan cheese
- 2 tbsp water

DIRECTIONS

- 1) For the Caesar dressing, mix in a blender all of the ingredients except for the grapeseed and olive oils, Parmesan cheese, and water. Liquefy until smooth, and then slowly add the oils and the water.
- 2) For the salad, mix together the Kale, lemon, and Caesar dressing. Season with salt and pepper.
- 3) Split the salad between four bowls. Top each with 1 tbsp capers, 1 tbsp sunflower seeds, and Parmesan.
- 4) Poach eggs in 4 quarts of water (see below for Archambault’s expert poaching technique).
- 5) Once finished, drain, and place on paper towels to dry. Place atop salad.
- 6) Optional step: Bread poached eggs using a mixture of equal parts all-purpose flour, beaten egg, and breadcrumbs. Deep-fry them in oil at 350° for 1 minute, or until the breading is nicely toasted. Remove eggs from oil and season with salt and pepper to taste.
- 7) Place one poached egg on top of each salad.
- 8) To finish the dish, mix in Parmesan cheese and season with salt and pepper to taste.

MASTER IT POACHED

■ Poaching eggs is notoriously difficult—many chefs actually use thermometers to help them. But the truth is, you just need a little practice—and follow these steps: **1)** Fill a small pot with water, lightly salt it, and add a cup of vinegar; heat. When it boils, drop the heat to a simmer. **2)** Break a fresh egg into a small bowl; over the sink, pour the egg onto a slotted spoon just long enough for any extra water to drain off, then immediately pour it back into the bowl (this step eliminates flyaway strands of egg white). **3)** Turn off the flame completely and begin stirring the water to create a “whirlpool”; hold the egg just above the water, then slide it into the center of that vortex—this is the trick to making sure the egg holds its form. **4)** Leave the egg alone for just over 2 minutes. **5)** Remove with a slotted spoon.

Food styling by Erin Jeanne McDowell; prop styling by Martha Bernabe

"When you bread the poached egg,"
says Archambault, "you have the
crispiness of bread and the creaminess
of the yolk all in one."





Photographs By James Ryang
Still Life By Richard Pierce



Can you really get ripped in 7 minutes (or less)?

Almost comically short routines—the 10-Minute Workout, 7-Minute Workout, even 1-Minute Workout (yes, seriously)—are taking the fitness world by storm. Are they a busy guy's dream come true or just too good to be true? Here's what you need to know. By Tyler Graham



On Wall Street, on the sixth floor of the Gild Hall hotel, I'm standing in perhaps the smallest gym in New York City, a "fitness center" hardly bigger than a walk-in closet. It's standard-issue hotel fare—sparse white walls and a concrete floor, outfitted with only a single treadmill and a StairMaster. But for the guy I'm with, we may as well be in a fully stocked Crunch.

His name is Chris Jordan, and he's the director of exercise physiology at Johnson & Johnson's Human Performance Institute, based in Orlando, FL. He's visiting New York to give a series of talks about the science of exercise, and he's taken me here to show me that rooms like this have everything I need to achieve a fat-shredding, full-body workout. In fact, we've got *more* than enough, he says, because we don't even need the machines. Jordan is the man behind Johnson & Johnson's Official 7-Minute Workout exercise app, which guides users—typically working professionals on the go—through a quick succession of high-intensity body-weight bursts; last year it became one of Apple's top downloaded Health & Fitness apps, and it's remained one ever since.

When it arrived on the scene, the Official 7-Minute Workout seemed to cap a never-ending game of one-upmanship in training circles for the shortest effective workout imaginable. In 2012, trainer Jillian Michaels of *The Biggest Loser* fame debuted a 30-minute workout called Bodyshred, which was taught at national chains like Crunch and YMCA. Not long afterward, Tony Horton, the savvy inventor of the cult hit P90X, cut his proprietary workout in half—down to 30 minutes—when he released P90X3. Soon 20-minute and 15-minute workouts started showing up everywhere. Then last June, Shaun T, creator of Insanity

and Hip Hop Abs, showed up on *The Dr. Oz Show* promoting his new 5-Minute Fat Blasting Workout, a series of high knees, sprinting in place, lunges, and other body-weight exercises he proceeded to put the middle-age TV host through while the studio audience cheered him along. "Let's get moving and burn off the fat!" Oz barked, as if temporarily possessed by Richard Simmons.

None of these programs, however, struck a chord quite like Jordan's seven-minute routine, which is why I've tracked him down with some questions. Before he joined the Human Performance Institute, he worked with both the

U.S. Air Force and British Army. But because his job now is to get the most out of corporate athletes—the aging CEOs, CFOs, and other execs whose calendars are almost always full—he's managed to become one of the world's top evangelists for micro exercise routines that can be completed basically anywhere.

Sure, they're convenient, I tell him as we stand in our mini gym, but can someone really get fit in only seven minutes a day? After all, the American Heart Association has decreed that 150 minutes of "moderate intensity" exercise per week is the baseline for good health. If you did the Official 7-Minute Workout every day, you'd get only 49 minutes—so, not even a third of that. (Though, admittedly, the short session is completed at a higher intensity—more on that later.) Can you really build muscle in such a short period of time—or are you just doing the bare minimum for what's considered "healthy"?

Jordan laughs. "All those questions are the equivalent of asking whether or not exercise works," he says. "But the answer is yes, they work. And the real question is, are you willing to put in what it takes? Because doing a great workout followed by several days of nothing because you're traveling doesn't cut it. For them to work, the key is consistency."

And that's when he shuts the door and says it's time to get to work.

● **As a training tool**, short workouts go back to at least the 1930s, when Olympic decathlete and national coach Gösta Holmér created Fartlek, which roughly translates to "speed play." "You run as fast as you can to a tree and then fall back," says Martin Gibala, Ph.D., a physiologist at McMaster University in Canada. Roger Bannister, the first human to break the four-minute mile, did something similar when he trained for his world-record run. "He did 400-meter repeats," says Gibala. "He was training less than 30 minutes, and when he made the final assault on the record, he dropped the volume, because he thought he was overtrained."

In the 1990s, Izumi Tabata, the famous Japanese researcher who

Weight it out. Almost every version of the Official 7-Minute Workout requires dips, planks, and air squats.





Micro machine.

Doubt top exercise physiologist Chris Jordan can wreck you in just seven minutes? He'll prove it.

weeks they had improved their aerobic capacity by 12%. Meanwhile, Jordan spearheaded his own research to prove the efficacy of a seven-minute workout program he was working on for Johnson & Johnson and published his findings in 2013 in the American College of Sports Medicine's *Health & Fitness Journal*. He found that short, intense bouts of exercise are effective for losing weight, preventing chronic illness, building muscle, and improving aerobic capacity. For his research, he used a circuit of 12 body-weight movements (think pushups, squats, planks) and recommended doing each exercise for 30 seconds followed by five seconds of rest. One circuit lasts, of course, seven minutes, though Jordan initially recommended that it be done two or three times in a session, making it actually a 14-minute or 21-minute workout, respectively. (Regardless, when *The New York Times* reported on the study at the time, the headline was "The Scientific 7-Minute Workout." Later that year, it released its own proprietary Web-based workout app, also called the Scientific 7-Minute Workout. Johnson & Johnson countered with its Official 7-Minute Workout app later.) Even so, almost overnight, developers from around the world flooded iTunes with copycats.

Whatever name the workout goes by, Jordan's and Gibala's research both offer evidence that short, intense interval workouts can help you build muscle, boost aerobic capacity, and improve biomarkers. When you engage in one of these rapid-fire sessions, you ignite your body's stress response: Your blood pressure, heart rate, and metabolism instantly spike, and your body begins its process of churning fat and carbs into fuel and rushing blood to your muscles. The positive health effects are instantaneous. "When it comes to the immediate health benefits of this sort of high-intensity exercise,

it's all about blood sugar," says Timothy Church, Ph.D., a professor of preventive medicine at Pennington Biomedical Research Center at Louisiana State University. When you jump rope or bang out pushups to exhaustion, your body instantly starts burning blood sugar—and lower blood sugar, in the longer term, means less weight gain (and dramatically lower chances of developing insidious conditions such as diabetes, heart disease, and dementia). The intense stress on your muscles builds your body's aerobic capacity, too. And, as with other forms of exercise, when your muscles grow, they pull on your skeletal system, increasing your bone density. A lot of new research also shows that interval training triggers the release of macrophages and killer T cells, boosting the body's immune function for hours after your last pushup or pullup.

Today's most cutting-edge science on the benefits of high-intensity exercise has to do with the brain. It triggers the formation of a protein known as the brain-derived neurotrophic factor (BDNF), nicknamed "Miracle-Gro for the brain." Top researchers believe BDNF is responsible for improving memory, balance, concentration, and mood. They also believe that, as the name suggests, it helps regenerate brain cells. And recent studies indicate that BDNF is also largely responsible for helping the brain adapt to outside pres-

studied speed skaters, tested a protocol of 20 seconds of hardcore exercise followed by 10 seconds of rest. This was repeated for eight cycles for a total of four minutes of exercise. Athletes in Tabata's studies built muscle and increased aerobic activity just as they would have in a much longer, more traditional workout routine. Ever since, Tabata's teachings have been incredibly popular in military and martial arts circles. (It's too bad no one thought to brand it the "4-Minute Workout." Today, there are dozens of Tabata timers for smartphones that let you manipulate the active and rest periods.)

"Personal trainers have been using short workouts for ages, and they knew it was working," says Gibala. "But the difference is there wasn't the body of scientific research to prove it. So as researchers, we're now playing catch-up. We're doing the measurements, taking muscle biopsies, and proving it works."

Gibala recently developed the quickest workout so far, but it's so short that it doesn't seem believable. It's called the 1-Minute Workout, and while it sounds laughable, the prestigious science journal *PLOS One* published a study proving its effectiveness last year. Participants in the study did three 20-second all-out efforts on an exercise bike separated by two minutes of rest, with a two-minute warmup and two-minute cooldown. They did this three times a week, and after six



Start the clock!

Our Men's Fitness 5-Minute Full-Body Blast includes the Hindu squat (above), high knees in full swing, a well-executed jumping jack, the burpee transition moment, and the lateral bound.

tures (such as, for instance, being able to distinguish between a car backfiring and a gunshot).

So does this mean you should give up your traditional weight routine or your five-mile run for short workouts?

"The devil is in the details," says Gibala. "No one would suggest that an elite marathoner could get away with solely doing intervals," he says. But if you're a regular guy looking to reap the benefits of traditional gym routines, you're in luck. Gibala says that when you compare the benefits of 30 minutes of intervals versus 30 minutes of regular endurance exercise, the intervals will invariably win because they're much more intense. And if you compare a short period of intervals with a longer period of endurance exercise, the benefits are roughly similar. In other words: With a disciplined diet, there's no reason you can't be a really fit guy, even ripped, by squeezing your routine into a lightning-round session that lasts less than 10 minutes a day—as long as you keep the intensity up and keep your workouts consistent.

But there's one important hitch: "Your body will adapt to a seven-minute program pretty quickly," says Jordan. "It's important to keep up the intensity as you adapt." So while a short routine will yield quick gains and visible results in a short period of time, you need to progress from one to three rounds over time. (And, he says, you shouldn't go more than two consecutive days without exercising, because this sort of body-weight training is all about consistency.) So, of course, that means the ideal short workout is actually more like 21 minutes, not seven.

But 21 minutes may still sound like a pretty weak session for guys who camp out at the gym. Not so fast, says LSU's Church, who points out that traditional exercise routines—say, longer lifting sessions with some light cardio mixed in—simply involve too much rest, as people spend so much of their hour at the gym talking, walking to the water fountain, or generally avoiding exercise altogether. "Most people are really doing hard work for only 15 to 20 minutes anyway," he says.

Mike Chang, founder of the hit YouTube channel Six Pack Shortcuts, agrees. "You see guys on their phone or checking out the eye candy—they're just there filling a time commitment." When people question Chang about the effectiveness of short workouts, he simply puts them through a 10-minute session. "When they break at minute 8 and they're hurting, I'm like, 'I thought you said you normally work out for an hour?'" (For more on how to maximize your rest periods during lifting sessions, see "Rest Better, Get Bigger," on page 38.)

And if you're a CrossFitter, it's a good bet you're already a short-workout veteran. For example, one CrossFit workout of the day, or WOD, is 10 pushups and 10 air squats for 10 rounds. A similar WOD is done for time: 21 air squats followed by 21 pushups, then 15 and 15, followed by nine and nine. There are

The Men's Fitness 5-Minute Full-Body Blast

An effective, full-body workout session crammed into the shortest conceivable amount of time, courtesy of Men's Fitness' very own group training director, Sean Hyson

DIRECTIONS

Warm up with high knees, a deceptively difficult cardio blast made even more challenging by the fact that the rest periods regress with each set. Then it's on to two circuits that

alternate training for the upper and lower body, allowing one area to recover while the other works. Finally, you'll finish with burpees—possibly the most exhausting body-weight exercise—then jumping jacks, which is your cooldown. Perform the exercises for time rather than reps—this ensures that you can adjust the pace to your own fitness level. (For example, if you can't do many pushups, we won't ask you to do, say, 10. Just do as many as you can in 20 seconds.) Try to keep track of how many reps you get on each move so you can track your progress.

WARMUP

High Knees

Sets: 3
Reps: Work for 20 sec.

■ Run in place, driving with your legs and pumping your arms. Each knee should rise above hip level.

Rest 20 seconds after the first set, then 15, then 10.

CIRCUIT 1

A Hindu Squat

Sets: 1
Reps: Work for 20 sec.

■ Stand with feet shoulder width and get up on the balls of your feet. Exhale as you squat down, keeping your heels in the air. Extend arms forward for balance. Inhale as you stand up and rest your heels on the floor.

B Pushup

Sets: 1
Reps: Work for 20 sec.

■ Plant your hands on the floor just outside shoulder width and extend your legs behind you. Brace your core so your body remains in a straight line. Lower until your chest is about an inch above the floor and then push back up.

C Single-leg Glute Bridge Iso Hold

Sets: 1
Reps: Work for 20 sec.

■ Lie on your back on the floor and bend both legs so your heels are close to your butt. Brace your abs and push through your heels to raise your butt into the air. From there, extend one leg so it's in line with the other and keep your hips raised using only the one foot to support them. Hold 10 seconds and then switch legs and hold another 10.

CIRCUIT 2

A Lateral Bound

Sets: 1
Reps: Work for 20 sec.

■ Stand on one leg and jump to the opposite side, landing on the opposite foot. Allow your hips and knee to bend to absorb the impact, and quickly bounce back.

B Chair Dip

Sets: 1
Reps: Work for 20 sec.

■ Place your hands on the base of a chair and walk your legs forward so your body is suspended by the chair. Lower your body toward the floor until your upper arms are parallel to the floor and then push yourself back up.

C Plank

Sets: 1
Reps: Work for 20 sec.

■ Get into a pushup position and rest your forearms on the floor. Brace your abs and hold your body in a straight line.

Burpee

Sets: 1
Reps: Work for 20 sec.

■ Stand with feet shoulder-width apart and bend your hips back to squat to the floor. Touch your hands down and then jump your feet back so you end up in the top of a pushup position. Reverse the motion to come back up to standing.

Jumping Jack

Sets: 1
Reps: Work for 30 sec.

■ Jump and spread your legs and clap your hands together overhead. Jump again and slap your hands against your sides as you bring your feet together.



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Ask Men's Fitness



Bone in, bone out—who knew boning could be so confusing? So what's the healthiest way to eat meat: bone or no bone?

WILL F., YONKERS, NY

B

Bone! "Cooking with the bone in has at least one advantage—besides the meat, you'll also be eating the marrow in the bone cavity," says *The Paleo Diet* author Loren Cordain, Ph.D., of Colorado State University. And this is a good thing because...? "About 70% of bone marrow's calories are healthy monounsaturated fatty acids that can lower cholesterol and reduce the risk for heart disease," says Cordain. And, she adds, while meat alone contains no vitamin A, which is needed for healthy vision, a strong immune system, and cell health, marrow's packed with it. ¶ As for how the marrow actually gets into the dish, it depends on what you're making, Cordain says. "If the marrow's exposed"—e.g., if you break the bone before you cook the meat—"its juices can flow into the dish." Some people also make broth by roasting bones and then simmering them in a pot with vegetables. Yum.

There are so many freaking fitness apps out there. What is the actual best app to track my lifting and strength progress?

GARY C.,
SALT LAKE CITY, UT

■ Great question—and if you put down that 45-pound plate for a sec, we'll tell you.

The answer is: Jefit, according to nutrition coach Jeff Zabrin, a *spotmebro.com* fitness writer.

"I'm a stat-obsessed lifter," Zabrin says, "so it's my go-to app. It's easy to use and has tons of valuable information." And it's great for routine tracking: "You enter the set and rep range of each exercise—the app's database has more than 1,300—and the weight you're lifting, and it calculates and tracks your entire workout. It can even



I'm pretty active—always working out, playing sports...What will happen if I don't drink enough water?

KIT N., MADISON, WI

W

Whether you're active or not, water is one nutrient you really have to make sure you're getting enough of in your diet.

¶ Exactly how much water you need in order to perform at your best—especially if you're superactive—has been hotly debated in recent years. Previous guidelines suggested proactively drinking *more* water than you're thirsty for to stave off a possible performance-sapping deficit. But a 2013 *British Journal of Sports Medicine* analysis of 15 published studies suggests that simply drinking to satisfy thirst could be the best way for the active person to stay ideally hydrated. ¶ The body is remarkably efficient at figuring out how and where to shuttle excess water to support its daily functions and how to handle the kind of stress it experiences during a long run or hard workout. Keeping up with your own thirst is a simple way to be certain that you're staying amply watered-up.

track rests and tell you when to start your next set."

The app also helps you switch up your routine—crucial for muscle growth—by

drawing on the huge Jefit community.

"There are 2,100-plus routines customized by Jefit users," Zabrin says, "so you can compare

yours with theirs. It's a great way to see how you stack up against others with similar body types."

I'm a big action-sci-fi movie fan, and every so often I see one character lift another up by his throat. Is that even possible?

STEPHEN D.,
GRAND RAPIDS, MI

■ Ah, you mean the "villain grab," the one-handed neck lift Darth Vader uses on that poor rebel in *A New Hope*. Cool, right? But unless you're Darth Vader himself, the answer's pretty much no, it's not possible.

"The idea of someone actually doing that is fiction," says John Kreng, author of *Fight Choreography: The Art of Non-Verbal Dialogue*. Why? First, "your hands aren't big enough to choke somebody like that," says Kreng. Next, even if you got enough leverage by squatting then lifting, you'd be holding 175 pounds—way too much for one arm. Finally, the guy being lifted would

have to hold his chin straight—a feat in itself, says fight choreographer Chris Collins.

So how can it sometimes look so realistic? They're both in on the gag. In films, says Kreng, the chokee gets an assist by grabbing on to the choker's arm. Pro wrestlers fake it, too, says Collins: "Both squat, and the lifter supports the other guy's lower back so he can jump up while he's lifted."

Guess you'll need another way of getting those Death Star plans.

Can playing mini golf improve my putting in real golf, or will it screw up my form?

TED R., CHARLESTON, SC

■ Banking putts through windmills and into drain pipes shares very little in common with driving down a fairway. But there is a correlation between the skills you use in mini golf and those that come into play on a real putting green, says pro golf

SHORTY THE BARBER

ENLIGHTENED
ADVICE FROM
GROOMING EXPERT
SHORTY MANIACE

I really dug Leo in *The Wolf of Wall Street*, but is the pomade slick-back still cool?

GREG J., FORT WORTH, TX

■ Who wouldn't want to look like Leo DiCaprio? Yeah, the pomade slick-back is still cool, but it depends on the length of your hair. With longer sides slicked back like he had, you may look a little sleazy. What's more in style: shorter tapered sides you can slick back and still look like you mean business.

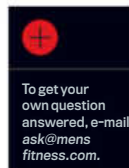
It also depends on your hair, head shape, and style. If you have really thick hair, you want to put pomade in once you've towel-dried your hair. If you have hair that lays flat on your head, apply pomade when it's dry, and it'll get some

lift. And if you have fine or really thinning hair, it might not be the best idea—it'll either look wet or show your scalp.

If you do go for it, use a water-soluble pomade, and don't put it in by the fistful—figure out how much you need. Don't use a petroleum product that's going to ruin your significant other's pillowcase. Oh, and have a pocket comb on you at all times.

And remember—just because you slick your hair back like Leo doesn't mean you'll actually look like Leo. (You'll need supermodel girlfriends for that.)

Shorty Maniace is the proprietor of J.P. Kempt Barber & Social in San Francisco. Send your questions to askshorty@mensfitness.com.



coach Mike Bender.

"Good distance control is directly related to athletic ability and hand-eye coordination," Bender explains. And while in mini golf you're putting around obstacles you won't have in real golf, you're still reading the break of the green using visualization and imagination—skills that help develop putting prowess.

That said, "in miniature golf the speed of the greens is usually very fast," Bender says. "I wouldn't go to the miniature golf course to be better at putting in real golf. I'd go to the regular golf course to practice putting and let that improve your miniature golf."

I know running shoes matter—but as a non-elite athlete, should I put much thought into running socks?

JOHN E., NEWTON, MA

■ We all dream there's gear out there that will transform us into Usain Bolt. But, um, no—it won't be your socks.

In terms of performance, socks don't help: Studies show that, compared with going barefoot, wearing socks actually reduces your ability to balance. So the effectiveness of pricey "technical" socks is iffy, says physiotherapist Blaise Dubois, founding president of the Running Clinic.

"Socks are designed primarily to increase comfort by reducing friction," Dubois says, so wear the ones you find most comfortable, and rate their quality by how well they mold to the shape of your foot and wick away moisture.

T-shirt: RHONE
Shorts: H&M
Shoes: APL
Socks: NIKE
Watch: NOOKA

In the "which is best?" battle between pushups and pullups, we're giving the trophy to the classic pushup for several undeniable reasons.

My buddy and I have been having this argument for, like, a decade: Which is the more important exercise for overall fitness: pushups or pullups?

DAVE T., NORFOLK, VA

D Damn, that's a tough one. We like both—and we're not alone. "It's like asking, which is better, smooth peanut butter or crunchy?" says Tony Gentilcore, C.S.C.S., co-founder of Cressey Sports Performance.

But if we really had to choose, we'd go with pushups. Why? Obviously, pushups train your pecs, shoulders, and triceps. But, says Gentilcore, "the real benefit to pushups is that they help improve trunk stability." You'll see some guys do pushups and their lower back starts to cave, he explains. "This indicates poor lumbo-pelvic-hip control and is a tell-tale sign of a weak core; more pushups will fix that." Pushups also improve your performance on other "big rock" exercises, like squats and deadlifts, says Gentilcore. Skip them, and a lack of stability leads to misalignment, which impairs your ability to transfer force from your lower body to your upper body and vice versa. And if pumping up your pecs, shoulders, and tris, strengthening your core, and boosting your squat and deadlift aren't enough, pushups are also incredibly versatile. "You can use them as a strength exercise or as part of a fat-loss circuit or finisher," Gentilcore suggests. "They can also be easily ramped up and made more challenging for advanced lifters, or regressed if you're not quite there yet." But trust us, you will be.

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I'd like some erotic selfies of my girlfriend. How do I get her to take them?

BRIAN F., JERSEY CITY, NJ

My girlfriend says she can't orgasm from oral—with anyone. She swears she doesn't care, but the problem is, I do! Should I take this as a challenge or just give up?

STEVE M., LOS ANGELES, CA

■ There are many reasons a woman might not be able to orgasm from oral. But that doesn't mean she doesn't enjoy it or that you should stop doing it. Getting oral may help her orgasm faster from regular sex afterward, or she may enjoy the experience of it even if it doesn't get her off.

Orgasms are great, and hopefully she's having them regularly, but it's better for you both if you're not so goal-oriented with sex. Your "challenge" should go beyond just giving her orgasms, as

that's only one part of a sexual experience. Her vibrator probably gives her orgasms, too—but that's not the same as great sex.

Great sex involves teasing, taking your time, switching things up, and surprising her. And I can tell you right now: If you get stubborn about wanting to be the guy who finally makes her come from oral and turn your sex life into marathon clit-licking sessions, it's going to get tiring for her. Believe it or not, women can feel a lot of pressure to have orgasms just to help a guy feel better about himself. And that pressure can really detract from sexual experiences.

So make your challenge making her happy—and trust her to tell you you've arrived.

I've read that when a girl sees a guy surrounded by hot chicks, it makes him seem sexier. Unfortunately, I don't know any hot chicks—at least none I could use as wing women. But I've heard there are services that provide them. Think that's worth trying?

DAVE M., NEW YORK, NY

■ I get your frustration, I do. But renting hot "wing women" to help you score sounds like the plot of a dopey rom-com.

There are so many things that make a guy more appealing to us than seeing other women hanging on him: brains, self-assurance, a sense of humor, a decent job, the ability to have a thoughtful conversation. Sure, some girls might pay more attention to a guy who comes off as a chick

magnet—but just as many (I'm betting more) will peg him as a ladies' man and be instantly turned off.

Truth is, despite what all those brainless pickup books tell you, women aren't really the mystery you guys think we are. You don't need an elaborate bag of tricks to impress us. Be confident. Be well-read. Know how to have fun. Get a job you care about. Have outside interests that are actually interesting.

Then the next time you go out with your regular, non-paid-for pals, relax (*don't* get plastered) and be nice to the people near you. Talk to girls like they're real people, not prizes you're trying to win.

But try to impress them or act all "cool," and you'll just come off as sketchy.

H Hey, 2008 called—it wants its sex question back. Think of all the women—celeb-

rities included—who've gotten burned lately by nude pics that got into the wrong hands; nobody wants that stuff floating around anymore. ¶ Sure, it's understandable that you'd like some hot visuals to keep you company on any long, lonely nights (or mornings...). But asking a girl for sexy pics—especially if you're a new couple—is dicey. If you want to give it a shot, explain to her why you'd like them—be honest—and talk through your motives and intentions. ¶ But this is critical: If she's not keen on the idea, *let it go*. As with anything sexual, it's not OK to pressure her or keep snidely bringing it up once she's weighed in. ¶ Instead, be sweet—and make your next move: Ask her to pose (no camera involved) for you in person, as foreplay. If she's shy, tell her how sexy her body is—every part of it—till she's comfortable and excited. At the end of the day, you may not have the photos, but you'll certainly have the memories.

Miko Lim

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The Book

SHOW OFF YOUR SUPER POWERS

Y

You don't have to be a super hero like

our cover star, *Man of Steel*'s Henry Cavill, or even a super spy, like the dashing agent he plays in this month's *The Man from U.N.C.L.E.*, to look like you could save the world. In fact, about all you need in the way of workouts is the ultra-tough Olympic weightlifting-based routine on page 122, which Cavill used to create his own out-of-this-world physique for next year's *Batman v Superman: Dawn of Justice*. Of course, a smart diet is also key—so start with the healthy, lightning-fast feasts on page 128, all made with—no kidding—supermarket convenience foods. And when you're done with all that, try the killer push/pull workout on page 134. Now go save the day.

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Grooming by Paula Mann/sartilondon using Dermalogica and Paul Mitchell

DOUG INGLISH



For more celebrity workouts, go to mensfitness.com.

Crush it like Cavill

Henry Cavill got huge twice to play Superman (first for 2013's *Man of Steel*, then for next year's *Batman v Superman*). Here's how he does it.

By Sean Hyson, C.S.C.S.

For most actors who take on a superhero role, just looking the part is enough. Henry Cavill—who adds a secret agent to his repertoire in his new film *The Man from U.N.C.L.E.*—set out to embody it. His regimen, by strength coach Michael Blevins (gritandteeth.com), focused on performance to make Cavill faster than a speeding bullet, more powerful than a locomotive—you get the gist. As a result, Cavill attained a chiseled superheroic physique almost as a by-product. ¶ What appears here: a sample routine illustrating the kind of work Cavill put in. Give it a try and forge your own body into something out of this world.

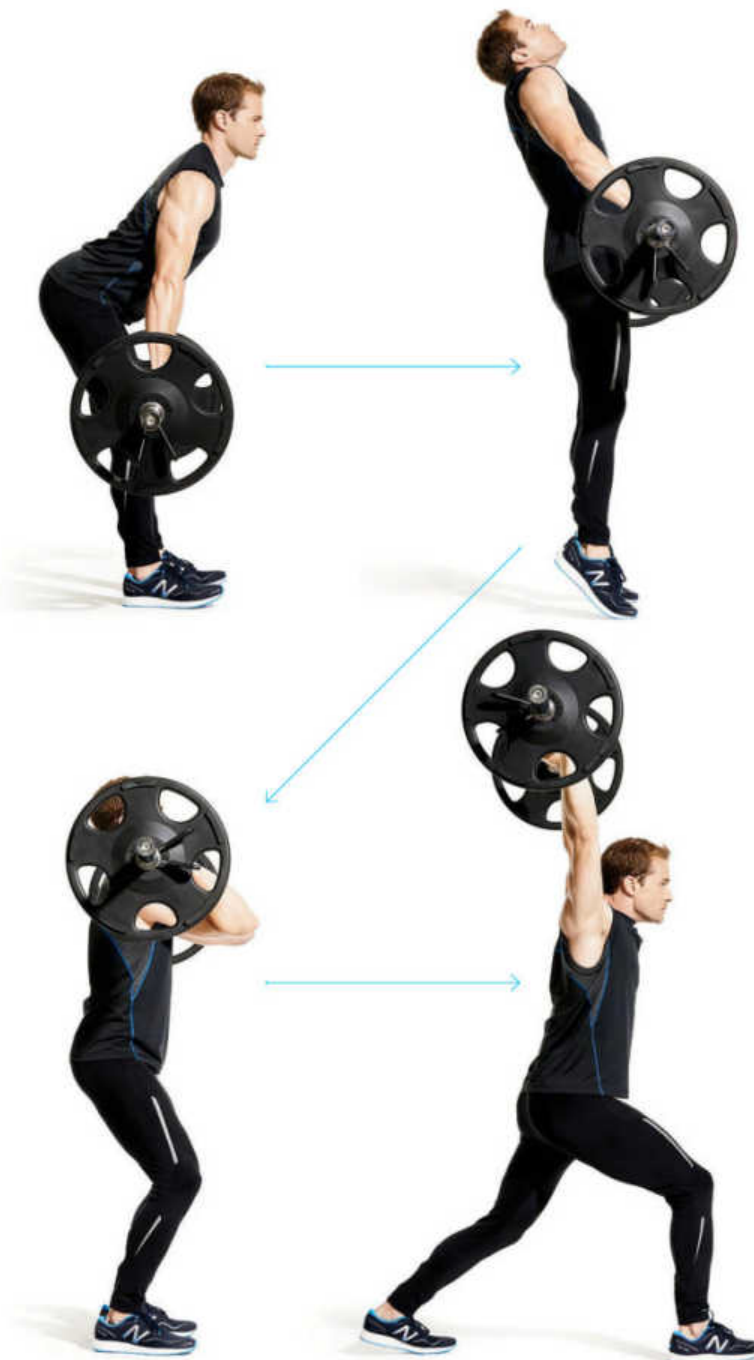
HOW IT WORKS

■ Cavill's program for *Batman v Superman: Dawn of Justice* comprised four phases: preparation, bulking, leaning out, and maintenance. The bulking phase, demonstrated here, centers on Olympic weightlifting movements—complex but hugely effective lifts that build muscle, strength, and speed simultaneously. When done in circuit fashion, they're also very demanding on the heart, which then boosts endurance.

"There's a misconception that cardio will negatively impact muscle," says Blevins. "A larger work capacity can allow you to train harder and longer. Building muscle without conditioning is akin to having an impressive engine without a gas tank—it's worthless. This conditioning helped later when trimming fat" and made Cavill heroic.

Directions

Perform the workout once per week. Exercises marked with a letter ("A," "B," and so on) are done in sequence and flow into each other. You'll use the same weight and do one set of A, then immediately go on to one set of B, and so on for all the moves in the group. Rest, then repeat the sequence.



1 HANG CLEAN AND JERK

Sets: As many as needed
Reps: Work up to one heavy rep

Stand with feet hip-width apart and hold the bar at shoulder width in front of your thighs. Bend your hips and knees so the bar lowers to just above your knees. Now explosively extend your hips as if jumping while at the same time shrugging your shoulders and pulling the bar straight up in front of your torso.

As the bar reaches chest level, bend your elbows so your palms face the ceiling and catch the bar at shoulder level with your upper arms parallel to the floor. This is a hang clean.

From there, dip your knees quickly and extend them again to power the bar up overhead. As it rises, jump one foot in front of you and one foot behind, as in a lunge, to finish the lift in a staggered stance with the bar locked out overhead.

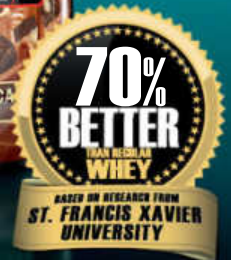
Perform as many warmup sets as you need, gradually building to the heaviest load you can handle for one rep with good form.

Clothing: ASICS
Sneakers: NEW
BALANCE
Want it?
See page 145.

Styling by Barret Wertz; Grooming by Mahtud Ibrahim; Exclusive Artists using Orbe Haircare and Nars Cosmetics; Assistant: Jonet Williamson

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- Bigger gains in muscle size, strength and enhanced workout performance
- An ultra clean, fully disclosed formula
- Best-in-class taste flavored by experts in one of the world's top flavoring houses

2A CLEAN PULL

Sets: 4 Reps: 1

Stand with feet hip-width apart and bend down to grasp the bar at shoulder width. Keep your lower back flat, chest up, and eyes looking forward. Begin extending your hips to pull the bar off the floor—keep your weight on your heels and your shoulders directly over the bar as it rises.

When the bar reaches the top of your thighs, explosively extend your hips, shrug the bar, and come up onto your toes. Control the bar back to the floor.



2B POWER CLEAN

Sets: 4 Reps: 1

Begin as you did the clean pull, but when you come to the explosive shrug and hip extension, continue pulling the bar up to shoulder level as described in the hang clean and jerk above. Catch the bar at your shoulders and immediately begin the front squat.

2C FRONT SQUAT

Sets: 4 Reps: 1

From the top of the power clean, bend your hips back and lower your body into a squat, keeping your lower back in its natural arch and your elbows raised so your upper arms are parallel to the floor. Extend your hips to come out of the squat.



2D PUSH PRESS

Sets: 4 Reps: 1

Standing tall again, dip your knees and quickly extend them, using the momentum to press the bar straight overhead. Return the bar to your shoulders.



PERFORM
THE ENTIRE
CIRCUIT
FLUIDLY. LET
ONE LIFT SET
UP THE NEXT
SMOOTHLY.

DO NOT
TRUST MAY.

TRUST
RESULTS.



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B
BIOVITAMINS

2E ▶ SPLIT JERK

Sets: 4 Reps: 1

With the bar held at your shoulders, dip your knees and press the bar up again while splitting your stance, just as you did for the hang clean and jerk. Lock the weight out as your feet land.

**DON'T MUSCLE
THE WEIGHT
OVERHEAD.
LET YOUR HIPS
POWER IT UP.**



3 FRONT SQUAT

Sets: As many as needed
Reps: Work up to one heavy rep

Perform the front squat as described on the previous page, taking as many warmup sets as needed to reach a load that allows you only one rep with good form. Make sure you take only 10 total reps or fewer to reach your max. This will conserve energy. So you might do two reps each at about 50% and 70% of your max, and then several single-rep sets as you close in on the right load.

4 FRONT- SQUAT/ BACK-SQUAT COMBO

Sets: 3 Reps: 7 for front squat, 13 for back squat

Now that you've determined your max front squat above, use 70–75% of it and alternate sets of front and back squats. So if you worked up to a front squat of 225 pounds, you could use 160 pounds. Perform seven reps of the front squat and then rack the bar. As soon as possible, set up for a back squat (described below), and do 13 reps with the same load. That's one set.

Back squat: Squeeze your shoulder blades together and nudge the bar out of the rack. Step back and stand with your feet shoulder-width apart and your toes turned slightly outward. Take a deep breath, bend your hips back, then bend your knees to lower your body as far as you can without losing the arch in your lower back.





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Helping our customers achieve their health and fitness goals is what drives us to deliver the highest quality and most effective sports nutrition supplements available.

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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

BPISPORTS.COM

Feasts in a flash

With just a few ready-to-go foods from the grocery store or deli, you've got the makings of a quick, healthy, muscle-friendly gourmet meal

BY MATTHEW KADEY, R.D.
PHOTOGRAPHS BY
CHRISTOPHER TESTANI

■ The fit guy faces a unique shopping conundrum when he's tired and short on time: If he buys convenience foods, he's going to sacrifice his health (and his abs). But if he buys healthy fare, he'll have to give up half his evening to prepare it. If only healthy foods were sold that could be easily made into delicious meals...

¶ Well, they are, of course—you just have to recognize their potential. A store-bought rotisserie chicken is waiting to be transformed into a Tex-Mex salad; frozen waffles are ready to morph into a dessert-like breakfast delight. On your next shopping trip, pick up some grab-and-go items, go home and combine them with ingredients you already have, and transform mundane meals into scrumptious muscle-building feasts.

Cheap chick.
Store-bought rotisserie chicken is not processed, unlike cold cuts.



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New SLIMQUICK® Pure Men has isolated the fat-burning component in green tea that speeds up your metabolism. It is called BioPure Green Tea™ and it has been shown in a published clinical study to help overweight men lose 3 times the weight versus dieting alone, in just 13 weeks.*

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- Accelerates **FAT BREAKDOWN**
- Supports **TESTOSTERONE**

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*A clinical study has shown that overweight men using Slimquick Pure Men's key ingredient, along with an 1850-calorie diet, lost 35 pounds vs. 10 pounds with diet alone in just 13 weeks.
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**RITE
AID**

Kroger

1

**Salmon Curry
in a Hurry**

MAKES: 4 SERVINGS

**CONVENIENCE
FOODS NEEDED**

- Canned salmon
- Frozen mixed vegetables
- Boil-in-a-bag rice
- Curry paste

INGREDIENTS

- 1 pouch boil-in-a-bag brown rice
- 2 tsp oil
- 1 onion, diced
- $\frac{1}{4}$ tsp salt
- $1\frac{1}{2}$ tbsp jarred red-curry paste
- 3 cups low-sodium chicken broth
- 1 (14 oz) can light coconut milk
- 3 (5 oz) cans pink or sockeye salmon, drained
- 1 (12 oz) bag frozen Asian-medley vegetables
- Juice of $\frac{1}{2}$ lime

DIRECTIONS

- 1) Prepare rice according to package directions.
- 2) Heat oil in a large saucepan over medium heat. Add onion and salt; cook until softened, about 5 minutes. Add curry paste; cook 30 seconds.
- 3) Pour broth and coconut milk in pan. Bring to a simmer and heat 10 minutes. Stir in salmon and vegetables; bring to a simmer, and heat 5 minutes. Stir in lime juice and prepared brown rice.

NUTRITION (PER SERVING)

389 calories, 30g protein,
31g carbs, 16g fat

**That's some
snappy salmon.**
Turn a can of fish,
a bag of frozen
veggies, and some
boil-in-a-bag rice
into a banquet at
breakneck speed.

2

**Tex-Mex Chicken
Taco Salad** PAGE 128

MAKES: 4 SERVINGS

**CONVENIENCE
FOODS NEEDED**

- Rotisserie chicken
- Canned black beans
- Frozen corn
- Bagged fresh spinach
- Corn tortillas

INGREDIENTS

- 4 corn tortillas
- 2 cups frozen corn
- 8 cups bagged fresh spinach
- 2 cups rotisserie chicken, sliced
- 1 (14 oz) can black beans, drained
- 1 pint cherry tomatoes, halved
- 1 avocado, sliced
- 1 cup red onion, thinly sliced
- $\frac{1}{2}$ cup light sour cream
- 2 tbsp olive oil
- Juice of 1 lime
- $\frac{1}{2}$ tsp chipotle chili powder

DIRECTIONS

- 1) Preheat oven to 350°F. Place tortillas

on a baking tin. When oven is hot, heat tortillas until crispy, 8–10 minutes. Prepare corn according to package directions.

- 2) Divide spinach, chicken, black beans, tomatoes, avocado, red onion, and cooked corn among serving plates. In a bowl, whisk together sour cream, olive oil, lime juice, chipotle powder, and a few pinches of salt.
- 3) Break tortillas into one-inch pieces and sprinkle over salads. Drizzle sour cream dressing on top.

NUTRITION (PER SERVING)

536 calories, 36g protein,
52g carbs, 23g fat

3

**Waffles w/Yogurt
Cherry Sauce**

NOT SHOWN

MAKES: 4 SERVINGS

**CONVENIENCE
FOODS NEEDED**

- Frozen waffles
- Frozen cherries
- Yogurt

INGREDIENTS

- 1 cup plain low-fat Greek yogurt
- 1 cup frozen pitted cherries, thawed
- 1 scoop vanilla protein powder
- 8 frozen 100% whole-grain waffles
- $\frac{1}{2}$ cup unsalted almonds, chopped

DIRECTIONS

- 1) Place yogurt, cherries, and protein powder in a blender and blend until smooth.
- 2) Toast waffles according to package directions. Serve waffles topped with blended cherry sauce and almonds.

NUTRITION (PER SERVING)

342 calories, 17g protein,
41g carbs, 13g fat

Science-Backed and Barbell-Tested

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STEVE WEATHERFORD
Fittest Man in Football • True Grit Athlete

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MAX POTENCY FOR
MAX RESULTS



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4

Jerky Chickpea Pizza Bowl

MAKES: 4 SERVINGS

CONVENIENCE FOODS NEEDED

- Canned chickpeas
- Jerky
- Grated mozzarella cheese
- Roasted red peppers

INGREDIENTS

- 2 (14 oz) cans chickpeas, drained and rinsed
- 2 tsp olive oil
- 2 tsp Italian seasoning
- ½ tsp dried chili pepper flakes
- ¼ tsp salt
- ¼ tsp black pepper
- 2 oz jerky, chopped
- ½ cup jarred, sliced, roasted red pepper
- ½ cup oil-packed sun-dried tomatoes, chopped

- 1 tbsp tomato paste
- 1 cup grated part-skim mozzarella cheese
- ⅓ cup fresh basil, sliced

DIRECTIONS

- 1) Preheat oven to 375°F. Place chickpeas in an ovenproof pan and toss with oil, Italian seasoning, chili pepper flakes, salt, and pepper. Roast for 15 minutes.
- 2) Stir jerky, roasted red pepper, sun-dried tomatoes, and tomato paste into chickpeas. Sprinkle cheese on top and cook 5 minutes more. Divide among serving bowls and garnish with basil.

NUTRITION (PER SERVING)

397 calories, 25g protein, 48g carbs, 12g fat

5

Tomato Tuna Melt

NOT SHOWN

MAKES: 2 SERVINGS

CONVENIENCE FOODS NEEDED

- Pouched tuna
- Coleslaw mix
- Shredded cheese

INGREDIENTS

- 2 (3 oz) pouches tuna
- 1 cup coleslaw mix, chopped
- 2 tbsp olive-oil mayonnaise
- 1 tsp Dijon mustard
- 1 tsp capers, drained
- ¼ tsp black pepper
- 2 large tomatoes
- ½ cup (2 oz) grated cheddar
- 1 tbsp chopped chives

DIRECTIONS

- 1) Preheat broiler. Place tuna in a bowl and flake with a fork. Stir in coleslaw, mayo, mustard, capers, and pepper.
- 2) Slice about ¼ inch off the top of each tomato and use a spoon to scoop out innards. Stuff tomatoes with tuna mixture and top each with cheese.
- 3) Place stuffed tomatoes on a baking sheet and broil until cheese is melted and slightly browned. Serve garnished with chives.

NUTRITION (PER SERVING)

392 calories, 29g protein, 11g carbs, 26g fat

Canadian researchers found that people who ate chickpeas reduced their LDL cholesterol by 5%.

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CLN-PR1 ©2015 BSN® For best results supplements should be taken as directed over time, at maximum dosage in conjunction with a healthy diet and regular exercise program.

Push, pull, gain

Want to make gains by summer's end? All you need is this simplified split—the antidote to a stale body-part routine. By Sean Hyson, C.S.C.S.

■ We know you love your body-part-focused regimen the way you loved your old teddy bear. But much like him, that program is worn out—and hanging on to it is kind of silly. Dividing your workouts into chest days, shoulder days, and so on presents a host of problems and could actually be holding back muscle growth rather than promoting it. Our answer: Switch to a classic push-pull split to simplify your training and see faster gains in a month.

HOW IT WORKS

■ Dividing your body into different parts doesn't take into account how it actually moves and which muscles are involved in each movement. You may intend to work only chest one day, but any pressing or flyes you do will inevitably work your shoulders as well. If you follow that with an all-shoulder workout within a couple of days, don't expect your delts (and shoulder joints) to be ready for the effort; and if you work triceps a day or so after that, you risk overtraining them as well, since they also assist in most chest and shoulder exercises.

In contrast, you could organize your workout according to pushing and pulling movements, so your chest, shoulders, thighs, and tris get hit on the push day, and your back, hamstrings, biceps, and rear delts get worked on the pull days. Then you can repeat both workouts once more in the same week, doubling the frequency each muscle gets trained without impacting its recovery. Plus, by working your muscles from head to toe each session, you'll burn more calories and release more muscle-building hormones than you would hitting one area at a time.

Now that, unlike Mr. Fuzzy-wuzzy, is worth holding on to.

Directions

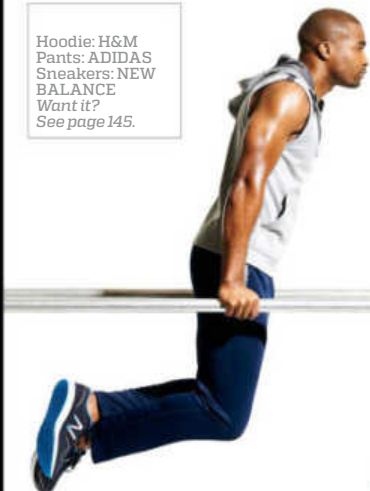
Perform each workout (Day I, II, III, and IV) once per week. Exercises marked "A" and "B" are alternated, so you'll do one set of A, rest as needed, then B, and repeat until all sets are completed for the pair. Perform the remaining exercises as straight sets.



IF THE GOBLET SQUAT IS TOO EASY, PERFORM A FRONT SQUAT WITH A BARBELL INSTEAD.



Hoodie: H&M
Pants: ADIDAS
Sneakers: NEW BALANCE
Want it?
See page 145.



Day I PUSH

1A ◀ GOBLET SQUAT

Sets: 4 Reps: 6

Hold a dumbbell (or kettlebell) by one of its bell ends under your chin with both hands. Stand with feet shoulder-width apart and turn your toes out a few degrees. Push your hips back and squat as low as you can.

1B BENCH PRESS

Sets: 4 Reps: 6

Lie back on a bench and grasp the bar with hands just outside shoulder width. Arch your back and tighten your glutes and abs. Pull the bar out of the rack and lower it to your sternum. Push your feet into the floor as you press.

2 DUMBBELL OVERHEAD PRESS

Sets: 4 Reps: 6

Stand holding a dumbbell in each hand at shoulder level. Brace your abs and press the weights overhead.

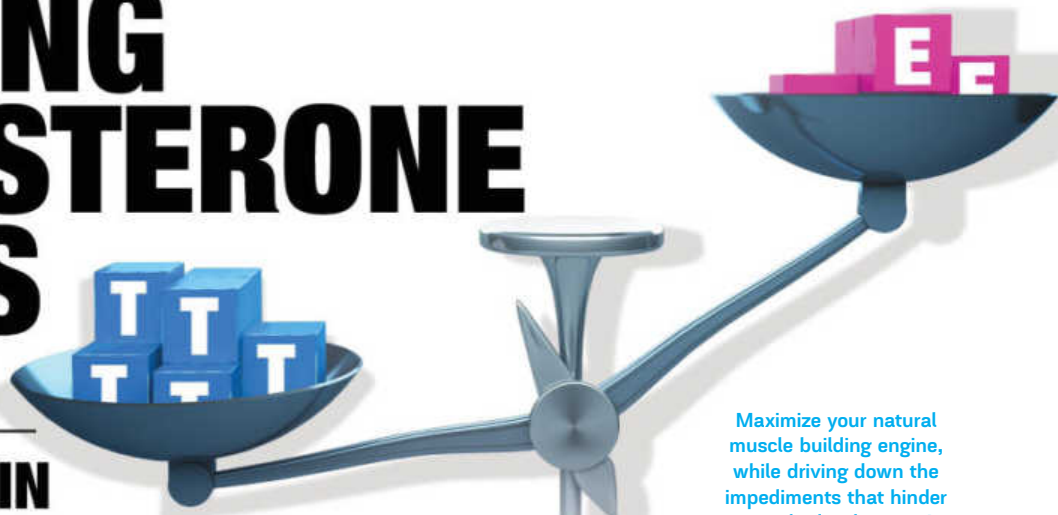
◀ 3 DIP

Sets: 4 Reps: 6

Lower yourself until your upper arms are parallel to the floor. If your body weight alone is too easy, add weight with a belt.

BUILDING TESTOSTERONE LEVELS

TIP THE SCALE IN YOUR FAVOR



Maximize your natural muscle building engine, while driving down the impediments that hinder muscle development!

You're training hard, eating right and starting to see that muscle definition you've been working hard to achieve. Yet still, it seems as though there's a missing piece to the puzzle. What is it that's keeping you from taking your physique to that next level? You want to be different... better than the rest. You want to shed that last layer of unwanted fat and water that's obscuring those razor sharp abs and deep muscle cuts. This level of conditioning isn't easy, and it is reserved for the elite few that want it badly enough. So you ask yourself – what does it take to really push your body past its limits? What will really take your physique above and beyond where you thought it could go? The answer, and that missing piece may be this: testosterone.

Testosterone allows you to build muscle and burn body fat more effectively. On the flip side, the more body fat you have, the lower your testosterone levels may be. You might already be aware that there are certain steps you can take to up

your t-levels naturally (such as lifting weights, eating “good” fats, getting adequate amounts of sleep, avoiding simple sugars, etc), but sometimes that's just not enough to give you that extra edge over the competition.

Your body is a machine and testosterone is the engine. Your efforts in the gym become more redundant if the engine isn't functioning properly. That's where giving your t-levels a boost can really maximize your body's potential and help you achieve that lean, hard and dry look that most bodybuilders desire.

There is a void in the market for a supplement that could help support testosterone levels while simultaneously minimizing estrogen levels for maximum strength, power, and muscle growth. Out of this need is where A-HD™ was born. The first edition of A-HD™ was unimaginably powerful, but BPI wanted to take it past that. Enter the second generation of testosterone support, A-HD ELITE™.

A-HD ELITE™ represents the most significant testosterone supporting product in recent history. Its estrogenic

modulating characteristics are more pronounced now than ever before. Think of it like a scale that you want tipped in your favor; you want to promote testosterone levels and minimize estrogen levels to get you on your way to achieving that shredded physique that you've been after. We did this by taking the best testosterone booster – A-HD™ – and incorporating the newest scientific findings with cutting-edge, researched ingredients. This powerful testosterone support supplement helps put your body in an optimal state for muscle growth, body fat levels, and strength gains like the pros experience.*†

BUILD MUSCLE LIKE A PRO.

James G.

Co-Founder of BPI Sports

“A-HD Elite™ is an extremely powerful, double strength, Testosterone Supporting Agent with potential Estrogen Modulating characteristics. A-HD Elite™ is designed to promote a leaner, harder, more muscular physique when used with proper diet and exercise program.”



Testosterone is a hormone naturally produced in the body that is responsible for changes in characteristics such as:

- Muscle Mass
- Fat Distribution
- Strength
- Libido

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

4 ONE-LEGGED PLANK

Sets: 3 Reps: Hold as long as possible

Get into a pushup position and then lower your forearms to the floor. Hold your body in a straight line and brace your abs. Raise one leg off the floor. Switch the leg that's raised when you need to and hold until you feel your lower back is about to sag.



Day II PULL

1A LYING LEG CURL

Sets: 3 Reps: 15

Lie facedown on the machine and align the axis of rotation to your knees. Curl the weight up and lower it under control.

1B DUMBBELL ROW

Sets: 3 Reps: 12 (each side)

Hold a dumbbell in one hand and rest the opposite arm and knee on a bench. Pull the weight up to the outside of your hip and lower it until you feel a stretch in your lat.



ORGANIZING WORKOUTS BY PUSH AND PULL MOVEMENTS ENSURES PROPER RECOVERY.

2 FACE-PULL

Sets: 3 Reps: 12

Attach a rope handle to the top pulley of a cable station and hold an end in each hand. Stand back from the machine far enough to feel a stretch on the back of your shoulders and pull the rope to your forehead, flaring your elbows out to the sides.



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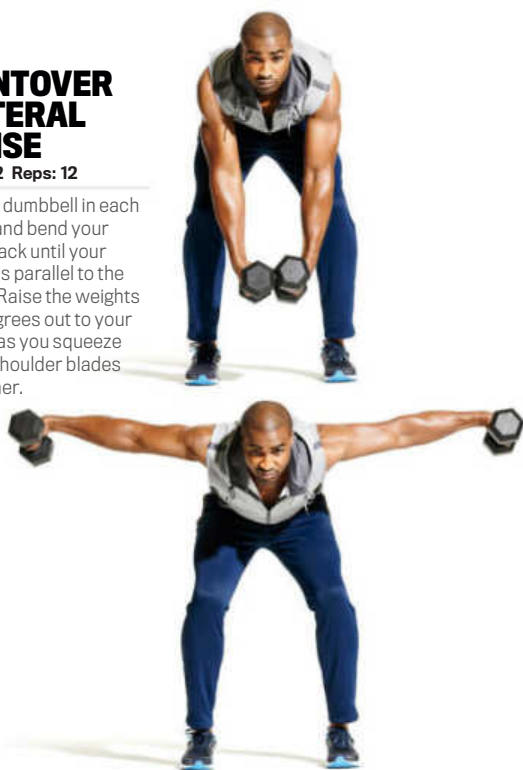
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*Growth Factor-9 is protected by U.S. Patent Numbers: 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,747,922; 8,765,195; 8,808,763; 8,808,764; and 8,815,311.

3 BENTOVER LATERAL RAISE

Sets: 2 Reps: 12

Hold a dumbbell in each hand and bend your hips back until your torso is parallel to the floor. Raise the weights 90 degrees out to your sides as you squeeze your shoulder blades together.



4 INCLINE DUMBBELL CURL

Sets: 3 Reps: 12

Set an adjustable bench to a 45- to 60-degree incline and lie back against it with a dumbbell in each hand. Hold the weights with palms up and, keeping your upper arms vertical, curl the weights up.

Day III PUSH

1A LANDMINE PRESS

Sets: 3 Reps: 12 (each side)

Wedge the end of a barbell into a corner, or load it into a landmine station. Load the opposite end with weight and grasp it toward the end of the sleeve with your left hand. Stand with feet shoulder width and press the bar overhead.



1B REVERSE LUNGE

Sets: 3 Reps: 12 (each side)

Hold a dumbbell in each hand and step back with your right leg. Lower your body until your front thigh is parallel to the floor and your rear knee almost touches the floor.

2 DECLINE PUSHUP

Sets: 3 Reps: As many as possible

Rest your feet up on a bench and place your hands on the floor at shoulder-width apart. Lower your body until your chest is just above the floor and press back up.

3 TRICEPS PUSHDOWN

Sets: 3 Reps: 12

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Push the weight down to lock out your elbows and then let your elbows drift back slightly on the way up so you feel a stretch in your triceps.



WRAP A TOWEL AROUND THE END OF THE BAR TO AVOID DAMAGING THE WALLS OF YOUR GYM.

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4 FEET-ELEVATED SIDE PLANK

Sets: 3 Reps: Hold
as long as possible
(each side)

Lie on your left side and place your left forearm on the floor for support. Rest your feet on a bench and stack them. Raise your hips off the floor until your body forms a straight line and brace your abs. Hold the position.



Day IV PULL

1 WEIGHTED CHINUP

Sets: 4 Reps: 6

Attach a weighted belt around your waist and hang from a chinup bar with hands at shoulder width and palms facing you. Pull yourself up until your chin is over the bar. If it's too difficult to do with added weight, using your body weight alone is fine.

2 ROMANIAN DEADLIFT

Sets: 4 Reps: 6

Hold a barbell with a shoulder-width grip and stand with feet hip width. Bend your hips back as far as you can. Allow your knees to bend as needed while you lower the bar along your shins until you feel a stretch in your hamstrings. Keep your lower back arched throughout.

3 WIDE-GRIP CABLE ROW

Sets: 4 Reps: 6

Attach a long straight bar to a cable row machine and sit on the bench with your feet against the foot plate. Row the bar to your sternum and, as you lower the weight, bend forward slightly at the hips so you feel a stretch in your lats at the bottom.

4 CHEST-SUPPORTED ROW

Sets: 3 Reps: 6

Set an adjustable bench to about a 45-degree angle and lie facedown on it with a dumbbell in each hand. Row the weights to your sides, squeezing your shoulder blades together at the top.



5 EZ-BAR CURL

Sets: 4 Reps: 6

Hold an EZ bar with a shoulder-width grip and palms facing up. Keeping your upper arms at your sides, curl the bar up.



CONQUER THE CHALLENGE



How is **City Challenge Race** different, and how has it become the fastest growing urban obstacle race in the world?

How it all started

When Elvi Guzman, founder at City Challenge Race (CCR), created CCR his vision was inspired by health, fitness, and raising awareness for various charities. In the process CCR has evolved into the fastest growing urban OCR in the world. In 2013, the Hoboken City Challenge Race was born, and in 2014 new venues in New York and Jersey City were added. To add to the countless athletes' experiences, in the company's first year thousands were raised for various charities. In 2015, the MEN'S FITNESS Miami City Challenge Race was added to the series.

How is City Challenge Race different from "mud runs"?

This unique urban obstacle race featuring nearly 30 obstacles and challenges (the most of any other obstacle race!) over a 3-4 mile course has proven to be a big hit among athletes of both genders and all ages. Many obstacle races or "mud runs" include water, electrocution, tear gas, fire, barb wire, and, of course, mud. These events are located in rural farms, mountains, or some other distant location, requiring sometimes extensive travel to compete, and competitors likely have to throw away a good pair of sneakers after the race. That's where CCR stepped in. Our urban course has no mud, water, electrocution, tear gas, or fire. When you cross the finish line you can keep your shoes, and since CCR is located in the city our athletes can take mass transit instead of renting a car.



Conquer The Challenge

If you are looking to do your first adventure race or want to try something new, refreshing, and different from the traditional "mud run" CCR is for you! CCR promises to challenge you and push you to your fitness, stamina, and mental toughness limits. Corporate organizations can reach new heights by creating teams – which has been proven to improve communication and team work. City Challenge Race invites the beginner racer and elite athletes alike to conquer The Challenge. It promises to be a memorable and challenging experience you will cherish!



VISIT **WWW.CITYCHALLENGERACE.COM**
FOR MORE INFORMATION

TRAINING TIPS

for MEN'S FITNESS Miami
City Challenge Race



Do you want to Conquer the Challenge? These training tips from City Challenge Race founder, Elvi Guzman, will get you on your way!

Thrusters: Great for the overall body, thrusters will help every athlete get stronger – strengthening your legs, glutes, arms, shoulders, and more.

Squats with Kettle Bell: Building a strong base is essential for all athletes and will make other exercises easier to perform. PLUS your glutes will have everyone turning their head.

Kettle Bell Pull: Attach a kettle bell (weight optional) to a battle rope and hang over any bar structure in your gym or a strong tree branch if you are training outdoors. Sit on the floor and pull the rope until the kettle bell reaches the top of the bar or tree branch, slowly lower the kettle bell and raise again for 1 minute, rest for 30 seconds, and repeat 4 times.

CORE (Crunches, Bicycle Kicks, Planks, and V-ups): Complete 25 crunches, 25 bicycle kicks, 25 V-ups, and a 45 second plank 4 times. No rest in between. You will feel an amazing burn. Do these 6 days a week and see results by day 18!

Cardio: Improving your cardio is possible, and it's easier when you split up your miles. Jog or run 1 mile before and 1 mile after your strength training. If you are just getting back into running, start by jogging at a light pace and increase your speed as you improve your endurance.



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Supps made from these substances can help you think more clearly, pay attention longer, and even remember faces better.

Brain food

Don't have the attention span to read this article? Take one of these supplements, then try again.

By Joy Ronson

The inability to think straight isn't just a next-day aftereffect of a wild night out on the town. Poor memory, short attention span, and general mental lethargy are par for the course when you're under-rested and over-worked. But there's help available. Here, a few supplements that can help you feel sharp and clearheaded.

Bacopa monnieri

■ This herb, whose antioxidant properties have long been linked to improved learning skills, comes from the marshlands of India, where for thousands of years it was the go-to brain-sharpening supp of the rajas, or local rulers, of India.

Science seems to back up Bacopa's use. The journal *Phytotherapy Research* reported that subjects who took Bacopa for 90 days saw a boost in cognition—specifically, improvement in their spatial memory, which is related to the ability to navigate a familiar place.

As an added ben-

efit, Bacopa may also relieve depression caused by chronic stress, according to a 2014 study published in *Psychiatry Investigation*—and we all know what stress can do to the ability to think straight.

Bacopa is a prime ingredient in Onnit's Alpha Brain, available at onnit.com.

Ginkgo biloba

■ A well-researched herb already in wide use, ginkgo is believed to enhance blood flow to the brain, making it popular as a treatment for a wide variety of problems, ranging from headaches to anxiety to vertigo.

But ginkgo may

also boost brain power. A study in *Human Psychopharmacology* found that subjects taking a ginkgo extract were better able to recall faces than those taking a placebo.

Ginkgo is available in Now's True Focus (nowfoods.com), which also contains L-tyrosine, an amino acid popular in energy drinks because it's not linked to causing jitters, as caffeine is.

CDP-choline

■ CDP-choline has also shown promising results for its attention-enhancing properties.

A precursor to the nutrient choline

(which itself is a precursor to acetylcholine, a neurotransmitter that helps brain and muscle functions), CDP-choline improved the "attentional performance" (focus! we said *attentional performance!*) of research subjects tested after taking the supp for 28 days, a 2012 study showed.

You can get CDP-choline in Blackstone Labs' The Razor's Edge (blackstonelabs.com), which promises to get you "in the zone" not more than an hour after you take it.



For more smart supplement recommendations, go to mensfitness.com.

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He starts laughing. “The actual physicality is very uncomfortable. All you’re doing is smacking your nuts against someone, and nothing is going in.”

I ask him what every guy who’s ever watched a movie sex scene has wondered: Has he ever found himself, er, unintentionally aroused on set?

“It’s only happened to me once,” he admits, “and it was very embarrassing. A girl had to be on top of me, she had spectacular breasts, and I hadn’t rearranged my...stuff into a harmless position. She’s basically rubbing herself all over me and, um, it got a bit hard. I had to apologize profusely afterward. It’s not great when you’re in a professional acting environment and somebody gets a boner, is it? No, not acceptable.”

While his role as a 16th-century sex machine raised his visibility, Cavill narrowly missed becoming an even bigger sexual icon. He was one of the final two candidates up for playing James Bond in *Casino Royale*. It must have hurt to lose out on such a life-changing role, I say.

“Of course I was disappointed,” he replies. “But Daniel Craig did a fantastic job, and honestly, I was too young for it. I was about 21. I’d have been ‘Teen Bond.’ The right thing happened there.” His own vision of Bond had been “slightly more Sean Connery,” he says: an arrogant, cultured bastard with a talent for killing. “But it was more the right time for Daniel’s version than mine. His was a real reinvention. I dunno, maybe one day I can take it off his hands.”

If the role of 007 still requires a shredded physique by then, Cavill’s a shoe-in. In *The Tudors* he’d been in fine shape. But by the time he appeared as Theseus in Tarsem Singh’s action movie *Immortals*, in 2011, Cavill was so sculpted he looked as if he’d walked off the set of *300*.

“I didn’t go that way for the sake of becoming an action actor,” Cavill explains. “I want to tell stories. That’s what excites me. But there’s a demand that you look a certain way in Hollywood. *Man of Steel* was the first time I had to bulk up in the full-on action-movie style, and I’ve got to say, I enjoyed it enormously. It’s torture, but you enjoy it the way you enjoy hard work and the results that work brings. It’s rewarding.”

It’s no secret that the physical demands on modern leading men in Hollywood go far beyond the experiences of actors from generations—or even eight or 10 years—ago. In fact, today’s A-list nutrition and exercise regimens have more in common with endurance athletes and professional bodybuilders than with classic thespians.

In terms of fitness, the process is simple: There’s a period of gaining mass, when you consume vast amounts of fats, carbs, and proteins, combined with a heaving lifting regimen; that’s followed by a “cut,” when your caloric intake is drastically lowered and the fat essentially melts away to reveal chiseled muscle. For *Man of Steel*, Cavill worked with elite trainer Mark Twight to maintain his condition for a shoot of more than 120 days.

“The mass build is the fun part,” says Cavill. “You get to eat a lot, and you’re lifting heavy weights. You feel really good because you’ve got big numbers going on the plates. But you’re always aware that you’ll have to eat less and start breathing more in order to show the muscles and the striations. It creeps up on you. That’s the less-fun part.”

A lower caloric intake can also affect your moods. Cavill has to be aware of his temper and tries not to snap at people on the set. It’s only during the final “leaning down” for the day of a shirtless shoot that food cravings begin to kick in, he says. Visions of pints of beer and greasy food and candy bars begin to dance in his head. It’s a physical ordeal and not without risk.

While filming *Man of Steel*, Cavill had reached his optimum minimum of body fat, then had to spend day after day on a freezing Vancouver helipad for green-screen work.

“I don’t mind hardship; I consider myself reasonably tough,” he says. “But every day? It’s hard.” At one point Twight had to intervene, pulling the star off set and returning him to a heated trailer—he’d noticed that Cavill’s lips were turning blue. The actor sat there and shivered for half an hour. Afterward, when he thanked Twight, the trainer pointed out that Cavill had been well on the way to pneumonia or hypothermia. He was on the edge. “And that,” says Cavill, “was a mountain climber talking.”

There’s never any pure downtime from this physical regimen. Even during *The Man from U.N.C.L.E.*—where “you can get away with a lot under a nice suit”—Cavill was already prepping for *Batman v Superman*. But he thinks he’s now mastered the pendulum of mass gain, fat burn, and recovery. Give him a target date and a reasonable amount of time and he’ll get himself where he has to be. “When I need to do it, I’ll do it,” he says. “But otherwise I’m going to enjoy my life.”

Whether he’ll be allowed to is another matter. The two Justice League movies will extend his Superman commitment to six years—and if the franchise takes off as *The Avengers* did, maybe longer. His dedication to these characters would warm the heart of any comics geek. “They’re the mythological heroes of our day,” Cavill says, “and I want to help tell their stories for as long I can.” He seems almost territorial over the *Man of Steel* and his story. “But I have no power over the script,” he admits, “and Chris Terrio [scriptwriter for the series] is a very good writer. There’s so much that can be done with Superman. The Batman story is easy. He’s dark and brooding and dangerous. Superman, I believe, can be a better story, but it requires 10 times the effort to get it right. All I can do is keep my fingers crossed that the big cheeses at the top care as much about the character as I do.”

In the meantime, Cavill has his freedom, including the ability to walk around in relative anonymity. “I can still go out and get shit-faced if I want to,” he says, clearly enjoying the thought. “I’m not going to change my life because of the fame thing. It’s supposed to be a good thing that’s happened to me. I want it to enjoy it.” And until the first Justice League project starts shooting in early January, he can do precisely what he wants: cook curries, play computer games in his underwear, spend time with his beloved dog—an Akita named (what else?) Kal, and maybe try to find a happy compromise between the American and British ways of dating. After all, Cavill—whose past girlfriends include British equestrian Ellen Whitaker, actress Kaley Cuoco, and former MMA star Gina Carano—is currently single.

“American dating is like carpet bombing,” he says. “You date 16 women all at once and eventually one of them is supposed to pop out of the crowd? I can’t do that. I’m 32 years old. I do want to find a wife and raise a family. I prefer the British way: get talking and see what happens, one at a time.”

Superman and super spy, man of steel and gentleman thief. Roles like these could push a guy’s ego to bursting. But it seems life has given Henry Cavill the right education to deal with it all. It turns out that the English values of reserve and hard work are worth something in Hollywood, too.

“There are people who are better looking than I am,” says Cavill, “and people who are better actors than I am. I just have to beat them to the chase.” ■



endless variations on these types of workouts, and what they all have in common is that they can be done quickly and anywhere. Ryan Halvorson, a trainer at Bird Rock Fit in San Diego and an editor at the Idea Health & Fitness Association, says, "When I'm on a big deadline and don't have time to exercise I'll drop to the floor and do one set of pushups to failure every two hours."

But let's be clear: Whether you go for seven minutes or 21, these short body-weight sessions will never turn you into Arnold. "If you want to add a large amount of muscle you still have to powerlift," says Church. "But it's not just the size of the muscle that matters, it's the quality of the muscle." And, he adds, quick intervals are great for improving muscle density and function. In fact, there's one thing about how intervals impact muscle that remains a bit mysterious. Elite athletes who were thought to be trained to peak performance have seen gains after adding intervals to their routine. "Somehow, intervals allow their muscle to buffer pH more efficiently, which prevents fatigue," says Gibala.

But the question remains: If you just want to be a fit guy, how short is too short?

"It's all about context," says Church. "I'm into jiu-jitsu, and I can tell you that a six-minute match is as intense a workout as any."

● At the Gild Hall hotel, I learn this firsthand.

Jordan's workout, funded by Johnson & Johnson, is by far the most expansive of the more than 100 seven-minute-workout-style iterations now crowding the Apple Store. It comprises a library of 72 exercises varying in duration and intensity for all fitness levels.

Because I'm an avid tennis player, Jordan cues up his iPad and chooses a program called "sports conditioning," which is classified as "hard" and focuses on strength, cardio, and agility. Including the warmup, the total workout time is going to clock in at 23 minutes and seven seconds. Twenty-three minutes? Like a full-grown basketball player staring down an eight-foot goal, I'm feeling pretty confident.

Jordan declines to start with a warmup and launches into the routine. The sprightly looking interface begins by showing Jordan himself, decked out in sleek workout gear, performing the exercises against a white background. It begins with high knees. "Stay on your toes and keep your core engaged!" the iPad barks with a stern, vaguely British accent. "Swing your arms forcefully!" So, in our little four-by-four space, we each start pumping our legs.

Before long we're doing unexpectedly killer "grasshopper" pushups that require you to twist one leg underneath your torso and back again before you complete the pushing-up motion. "People always ask me how you hit the lats with body-weight workouts," says Jordan. "This is how."

There are 12 exercises in all. There are Spiderman pushups and planks. One exercise hits the legs, and then the next works the shoulders and arms. Within a few minutes I'm soaked. (I also quickly realize how out of shape I've gotten over the past few months, thanks to an elbow injury.) After seven minutes we pause the program. I can't imagine doing two more rounds. Blood is rushing to all my muscles, and I'm having trouble remembering the questions I wanted to ask. I take the iPad from Jordan and start scrolling through his app's offerings to buy myself some more rest time.

"It's about making every exercise you perform as simple and accessible as possible," says Jordan, smiling. Then he takes the iPad back and starts the next round. ■

WHERE TO BUY

Dress Better, Think More Creatively

PAGE 17: Samuelsohn Plaid suit, \$1,595, available at Mitchells; Uri Minkoff Harrow brief, \$375, rebeccaminkoff.com.

The 58/2 Fix

PAGE 22: UNIQLO Slim Fit shirt, \$29.90; Check jacket, \$69.90; Lambswool sweater, \$29.90; Selvedge Slim Fit Jean, \$49.90, uniqlo.com; Florsheim Rockit Chukka, \$135, florsheim.com.

Fall's Coolest Looks

PAGE 26: Michael Kors Wool Trench coat, \$995, Michael Kors, 520 Broadway, NYC; Timberland Down vest with Harris Tweed Wool, \$498, timberland.com; Mark Nason Skechers boot, \$125, skechers.com; Brooks Brothers Red Fleece Zip cardigan, \$398, brooksbrothers.com; Switch Destination London watch, \$180, store.switch.com; DKNY Wool 2 Button Suit jacket, \$445, dknyc.com; Coach Shearling B3 Bomber jacket, \$1,995, coach.com.

Rest Better, Get Bigger

PAGE 38: American Apparel tank, \$20, americanapparel.net; Puma pants, \$50, puma.com; Adidas sneakers, \$130, adidas.com; Nooka watch, \$79, nooka.com.

Song and Dance Man

PAGE 44: Original Penguin Waffle henley, \$69; Decon vest, \$125; Textured Moor jacket, \$265; Tweed Tailored pants, \$125; originalpenguin.com.

Action Heroes

PAGE 58: Bonehead Composites AERO Full Face helmet, \$405, boneheadcomposites.com.

Conquer California!

PAGE 75: Shimano Compact windbreaker, \$75; SH-R171 cycling shoes, \$200; PD-5800 pedals, \$149, bike.shimano.com; Mission Workshop Riding shorts, \$139, missionworkshop.com; Giant Rev helmet, \$150; Defy Advanced SL 0 bicycle, \$10,300, giant-bicycles.com.

PAGE 76: O'Neill Hammer 1.5mm L/S crew rashguard, \$84, us.oneill.com.

PAGE 77: Poler Lasso Snapback hat, \$29.95, polerstuff.com; Groceries Apparel LA tank top, groceriesapparel.com; Levi's Commuter 504 pants, \$88, levis.com; Vans sneakers, \$45, vans.com.

PAGE 78: Brixton Bowery flannel, \$56.99, brixton.com; Levi's 511 slim fit jeans, \$99, levis.com; Poler backpack, \$76.95, polerstuff.com.

Broken In

PAGE 86: Tommy Hilfiger coat, \$450, similar styles available at tommy.com; Buffalo David Bitton Denim Fleece jacket, \$119; Buffalo David Bitton shirt, \$89, buffalojeans.com.

PAGE 87: Nautica jacket, \$238, nautica.com; Oliver Spencer waistcoat, \$346, oliver Spencer.co.uk; Buffalo David Bitton shirt, \$79, buffalojeans.com; Stephen Webster Ravenshead Leather bracelet, \$400, stephenwebster.com.

PAGE 88: Tallia Orange jacket, \$215, macys.com.

PAGE 89: Denim & Supply Ralph Lauren Cotton Shawl cardigan, \$165, denimandsupply.com.

PAGE 90: Buffalo David Bitton Salsa shirt, \$79, buffalojeans.com; Oliver Spencer jacket, \$653, oliver Spencer.co.uk; Zadeh Liam bracelet, \$400, zadehny.com.

PAGE 91: Oliver Spencer jacket, \$653, oliver Spencer.co.uk; Oliver Spencer waistcoat, \$346, oliver Spencer.co.uk; Buffalo David Bitton shirt, \$89, buffalojeans.com.

Keeping Up with the Girls

PAGES 92-93: From left: Anna: APL tank, \$48; tights, \$98, athleticpropulsionlabs.com; Alexa: Under Armour sports bra, \$29.99, ua.com; H&M leggings, \$24.95, hm.com; Nooka watch, \$120, nooka.com; Lauren: Gap GapFit tank, \$39.95, gap.com; APL shorts, \$55, athleticpropulsionlabs.com; Nooka watch, \$120, nooka.com; Cody: Rufskin tank, \$51, rufskin.com; EFM shorts, \$238, efmenswear.com; Kane: Rogue sweater, \$85, shoprogue.us.com; Brandblack track pants, \$80, brandblack.com; Josh: RHONE tank, \$58, rhoneapparel.com; H&M shorts, \$24.95, hm.com; Rufskin shorts, \$52, rufskin.com; Polar V800 watch, \$519.95, polar.com.

PAGES 94-95: From left: Lauren: New Balance sneakers, \$99.95, newbalance.com; Cody: New Balance sneakers, \$99.95, newbalance.com; Q&Q Smile Solar Series watch, \$40, store-smile.qq.com; Anthony: RHONE

T-shirt, \$68, rhoneapparel.com; H&M Running shorts, \$17.95, hm.com; Nike socks, \$22, nike.com; APL sneakers, \$140, athleticpropulsionlabs.com; Nooka watch, \$120, nooka.com; Anna: C9 Champion Sports bra, \$12.99, target.com; New Balance sneakers, \$99.95, newbalance.com; Tradell: Brandblack Sleeveless jacket, \$100, brandblack.com; ISAORA Sweatpants, \$125, isaora.com; American Apparel wristband, \$4, store.americanapparel.net; Nike sneakers, \$120, nike.com; Kane: Brandblack shorts, \$60, brandblack.com; New Balance sneakers, \$99.95, newbalance.com; G-Shock watch, \$200, gshock.com; Alexa: Puma tights, \$30, puma.com; K-Swiss sneakers, \$75, kswiss.com; Josh: ISAORA tank, \$65, isaora.com; H&M shorts, \$24.95, hm.com; K-Swiss sneakers, \$110, kswiss.com.

PAGES 96-97: All mats: Prosource Yoga mats, \$20.99, amazon.com.

PAGE 98: From left: All Gloves: Everlast Training gloves, \$39.99; 180-inch hand wrap, \$9.99, everlast.com; Cody: Original Penguin T-shirt, \$69, originalpenguin.com; ISAORA shorts, \$95, isaora.com; New Balance sneakers, \$99.95, newbalance.com; Tradell: H&M tank, \$12.95; leggings, \$24.95, hm.com; Nike sneakers, \$120, nike.com; Anthony: Prps Goods & Co. hoodie, \$115, at Bloomingdale's stores; Nike Sport socks, \$22, nike.com; Asics sneakers, \$110, asics.com; Alexa: C9 Champion Sports bra, \$16.99, target.com; H&M leggings, \$24.95, hm.com; K-Swiss sneakers, \$75, kswiss.com; Lauren: Monreal T-shirt, \$220, monreallondon.com; APL shorts, \$55, athleticpropulsionlabs.com; New Balance sneakers, \$99.95, newbalance.com.

Push, Pull, Gain

PAGES 134, 136, 138, 140: H&M Hoodie vest, \$24.99, hm.com; Adidas pants, \$45, adidas.com; New Balance sneakers, \$99.95, newbalance.com.

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#fitwit



Ted Spiker @ProfSpiker Use dumbbells. Don't be one. Gainesville, FL

Football (!) season

Springsteen, squats, and screen plays in 140 characters or less

The louder you are, the less we listen.

September 30 / 5:44 p.m.

Do not do the @iamdiddy kettlebell workout.

September 28 / 1:31 p.m.

Fun fact: "Nah, honey, I'm good. I could have more, but I probably shouldn't" is a lyric about bologna sandwiches.

September 28 / 12:13 p.m.

I know I could've had a V8. I could also have had an ice cream sundae for breakfast, so STFU.

September 28 / 6:01 a.m.

Gym move that shows you have the most cred: boxing-esque jump roping.

September 27 / 8:59 p.m.

Tailgate tip: Packing a few PB&Js for kids who may wander up = earning the oohs and aahs of coeds who may do the same.

September 26 / 2:30 p.m.

Grilled sauerkraut. You're welcome.

September 26 / 2:02 p.m.

In life, I wish more people would set picks and dive for loose balls.

September 26 / 1:33 a.m.

Friendly warning: @ScandalABC is back in action tonight, which means you and your GF will not be.

September 24 / 7:02 p.m.

The @Springsteen birthday workout: Run to your high school track in a storm.

#borntorun #glorydays #thunderroad #lmonfire
September 23 / 4:12 p.m.

Diet soda weaning tip: Get a gallon jug of ice water and mix in touch of lemon juice, touch of lime juice, stevia.

September 21 / 11:11 a.m.

Do NFL cheerleaders cheer?

September 20 / 4:30 p.m.

Warum zum Teufel does Oktoberfest start this month?

September 19 / 9:13 p.m.



Fast sandbag workout: 10 bentover rows, 10 squats, 10 overhead presses, 10 deadlifts, 1-minute farmer's walk. Do 3x.

September 18 / 7:41 p.m.

QUICK! MAKE A FANTASY FOOTBALL TRANSACTION! EVERYBODY'S WAITING TO HEAR WHO YOU PICKED UP!

September 17 / 2:00 p.m.

A question is more powerful than a statement. Or is it?

September 15 / 4:04 a.m.

In honor of the Miss America pageant, I'd like to offer this tweet about world injustice by saying "world injustice" a bunch.

September 14 / 10:13 p.m.

Finals of the U.S. Open tennis are today. Sure hope Djoker doesn't three-putt.

September 13 / 10:12 a.m.

If your grandpop (badass) is still around, listen to him. He may not know about Instagram and Snapchat and all that. But he just knows.

September 13 / 8:32 a.m.

[moment of silence] #USA

September 11 / 9:14 a.m.

I'm probably just going to go ahead and celebrate national Fight Procrastination Day tomorrow.

September 6 / 11:37 p.m.

It's trail season. Explore by foot, by wheel, by whatever.

September 4 / 3:10 p.m.

Happy 50th, @charliesheen! Here's hoping someone gives you a few Twitter lessons.

September 3 / 5:01 p.m.

Fitness challenge: 150 total minutes in plank, at least 2 walking meetings at work, not texting in between sets at the gym.

September 2 / 9:15 a.m.

@sydneyleroux doesn't have an off side.

September 1 / 10:35 a.m.

#soccerjoke ^^

September 1 / 10:35 a.m.

From top: Olive Brunskill/Getty Images; Axelle/Bauer-Griffin/FilmMagic; Christian Petersen/Getty Images; Richard McCaffrey/Michael Ochs Archives



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